

When assessing your child, this is a summary of the skills each level is working towards, but hasn't achieved:

A1	A2	A3/1	A3/2	A4	A5	Stroke Development	Stroke Improvement	Mini Squad	Fit Squad
Wet head with bucket	Float and recover on front	Kicking on front and back with board 10 metres	Glide kick without board for 10 metres turning head to side to breathe & on back for 10m without board	Kick 25 metres with board on front and back	25 metres freestyle – breathing every 3 rd stroke efficiently	100 metres freestyle efficient: Count strokes, try to hold stroke count on each lap	Chain swimming using black line	Timing of butterfly	N/A
Blow bubbles	Float and recover on back	Glide, kick without board on front and back	12.5 metres freestyle with breathing to the side using arms and legs & backstroke recognised	Kick without kickboard, turning head to breath 25 metres	Breaststroke kick on back and recognised on front	Breaststroke kick on front 10 metres: long body, no breath, streamlined	Full tumble turn - freestyle & backstroke	Use of pace clock	
Move freely in water	Pick up object underwater from pool floor without goggles	Tread water in deep end and returning to side	Tread water – 30 secs	Glide, kick & freestyle breathing drills to side 10 metres	50 metres recognised freestyle and backstroke – Stroke Counts	Breaststroke timing	Butterfly arms	Read and follow program from white board using various energy systems	
Put face in water without goggles	Torpedo Glide 3metres – body position	Learning breathing to the side in freestyle	Sculling forward, backwards, down & up	25 metres freestyle & backstroke recognised	100 metres continues swimming	10 metres dolphin kick underwater – body position	100 metres freestyle kick with board	400 metres in 13 minutes (Bronze Medallion)	
Submerge, shallow end	Submerge, deep-end experience	Tread water in deep end and returning to side		Tread-water 1 minute	Water Safety - HELP position, safe entries & wear floatation device	Backstroke from flags to wall using stroke count	100 metres freestyle kick with board & backstroke kick (arm extended)	Timed sprint work	
Pick up object underwater off stairs	Glide on back from push off	Learning freestyle & backstroke arms for 5 metres		Standing dive		Tumble turns- stage 1(forward roll) L Shape	50 metres breaststroke kick with board	Aerobic training	
Open eyes underwater, no goggles	Sculling with aid					Dive off blocks – feet together. Keep shins from moving forward	Understand finishes and touch turns	Dive, swim 5 metres then breathe in freestyle	
Float to recover with aid							400m continuous swim	IM Swimming	