

St Fiacc's Swimming Lesson Programme

Level 0 (in Toddler pool/ Shallow End)

1. Understanding of basic pool rules
2. Enter and exit pool safely with assistance
3. Blow Bubbles
4. Get face wet without submerging
5. Float on front and back with an aid and assistance
6. Be confident and comfortable standing in the water
7. Kick on front and back with aid
8. Jumping in with assistance

Level 1

1. Understanding of basic pool rules
2. Pick up objects from the bottom of the pool in shallow water
3. Enter and exit pool safely without assistance
4. Using a board/aid float on back unassisted
5. Regain feet from a floating position with an aid and assistance
6. Bob up and down repeatedly, submerging body and blow bubbles through nose and mouth
7. Kick on back with aid unassisted
8. Kick on front, unassisted in an arrow position (Push and Glide)

Level 2

1. Enter and exit pool safely without assistance
2. Float on front unassisted (Starfish float)
3. Bob up and down repeatedly, submerging body and blow bubbles through nose and mouth
4. Roll 180 degrees from front to back then regain feet
5. Kick on front unassisted with a strong kick (Push and Glide)
6. Kick on back unassisted with a strong kick
7. Introduction to front crawl arm action
8. Pick up objects from the bottom of the pool in shallow water

Level 3

1. Perform a surface dive
2. Safe pool entry from standing and sitting position
3. Demonstrate a floating position on front and back for 10 seconds
4. Push off wall and glide on front and back then regain feet
5. Demonstrate rotary breathing - show head turning to the side to breathe
6. Rotate 360 degrees without touching the pool floor
7. Swim 10 meters Front Crawl with a good arm action and leg kick
8. Kick 10 meters Back Crawl
9. Introduction to Back Crawl arm Action

Level 4

1. Using an aid, tread water using cycling kicking action and a breaststroke type leg action for 20 seconds
2. Demonstrate a handstand from the bottom of the pool
3. Demonstrate a sitting dive and glide
4. From a floating position swim through submerged hoop
5. Push and glide on front and back holding glide for 2 meters
6. Swim 10 meters front crawl breathing to the side
7. Swim 10 meters back crawl with good body position
8. Introduction to breaststroke legs (froggy legs)
9. Kick on front and back in a streamline position for 10 meters

Level 5

1. Demonstrate a forward somersault from a standing position
2. Demonstrate a kneeling dive
3. Demonstrate 3 different floating positions
4. Demonstrate a good push off from the wall on front and kick in a streamlined position
5. Demonstrate understanding of bi-lateral breathing
6. Swim 15 meters front crawl breathing to the side
7. Swim 15 meters back crawl keeping head still
8. Swim 15 meters on front showing breaststroke type actions
9. Swim 15 meters Inverted Breaststroke legs
10. Kick on front and back for 15 meters with no support

Level 6

1. Tread water for 30 seconds keeping the head clear of the water and the swim 15 meters
2. Surface dive and retrieve an object from the pool floor in deep water
3. Demonstrate a kneeling dive and swim out
4. Demonstrate a good push off with streamlining on front and back from good starting position
5. Demonstrate a pencil dive
6. Swim 25 meters free crawl showing good technique and breathing without stopping
7. Swim 25 meters backstroke showing good technique without stopping
8. Swim 25 meters breaststroke showing good technique and timing without stopping
9. Swim 25 meters Inverted Breaststroke kick - Kick and glide
10. Kick 10 meters butterfly kick

Level 7

1. Demonstrate a pencil dive from the block
2. Demonstrate a front somersault from floating position
3. Demonstrate a dive
4. Introduction to competitive turns
5. Swim 50 meters frontcrawl with good technique
6. Swim 50 meters backscrawl with good technique
7. Swim 50 meters breaststroke with correct timing - pull, breath, kick and glide
8. Attempt butterfly arms and legs together for 10 meters
9. Swim 50 meters using 2 different strokes holding good technique, attempting turns without stopping
10. Sculling 15 meters on front head first and feet first

Level 8

1. Demonstrate a standing dive into deep water
2. Demonstrate a good push, glide and streamline on front and back; hold and kick under water for 5 meters
3. Introduction to competitive starts and turns - tumbles and touches, dives, underwater starts etc.
4. Swim 100 meters frontcrawl demonstrating good rhythm and breathing
5. Swim 100 meters backcrawl demonstrating good rhythm and body position
6. Swim 100 meters breaststroke with correct timing- pull, breath, kick and glide
7. Swim 15 meters butterfly
8. Swim 100 meters using 3 different strokes holding good technique and correct turns without stopping