

YOUTH LEVEL GUIDE

BEGINNER

Goal: Independence

- Enter and exit the water safely and independently
- Submerge face and head with full exhalation for 10sec
- Front float and recover with support
- Independent front float for 15sec and recover
- Back float and recover with support
- Independent back float for 15sec and recover
- Push off from wall, torpedo glide on front, face down exhaling
- Flutter kick with and without board
- Front torpedo with flutter kick for 12.5m
- Freestyle arms with and without board 12.5m
- Introduce freestyle breathing on wall
- Flutter kick on back with and without board for 12.5m
- Introduce backstroke arms on wall
- Survival backstroke kick with and without board for 10m
- Survival backstroke for 12.5m
- Flutter kick, underwater arm pulling in deep water with support
- Tuck and recover from front float to back float and back to front float
- Log roll from front to back float and back to front float
- Survival sequence: Jump in deep water, back float, tuck, return to wall

INTERMEDIATE

Goal: Stroke development

- Push off wall, front glide and log roll front to back and back to front, recover
- Straight freestyle arm and breathing with and without board for 12.5m
- Push off from wall, glide, swim freestyle with breathing for 25m
- Straight backstroke arm with and without board for 12.5m
- Push off from wall, glide, swim 25m backstroke
- Survival backstroke for 25m
- Introduce breaststroke kick on wall and with board for 12.5m
- Introduce breaststroke arm and breathing for 12.5m
- Push off from wall, glide, swim breaststroke for 12.5m
- Dolphin dives for 12.5m
- Perform handstand
- Forward somersault, exhaling and recover
- Tread water for 60sec
- Survival sequence: jump in deep water, back float, tuck, tread water for 60sec, back float, log roll to front, return to wall

ADVANCED

Goal: Endurance and Consolidation

- Push off from wall, glide, swim 25m, progress to 50m freestyle (must see regular breathing, $\frac{3}{4}$ timing, bent arm recovery, propulsive kick)
- Push off from wall, glide, swim 25m, progress to 50m backstroke (must see streamline position, opposite arm timing, propulsive kick)
- Push off from wall, glide, swim 25m, progress to 50m breaststroke (must see propulsive and symmetrical kick, correct timing, streamlined glides)
- Push off from wall, glide, swim 25m survival backstroke (must see propulsive and symmetrical kick, correct timing, streamlined glides)
- Swim 12.5m, progress to 25m sidestroke (must see body being on side, scissor kick)
- Introduce butterfly arm
- Butterfly kick for 20m
- Continuous swim 200m (50m freestyle, 50m backstroke, 50m breaststroke, 25m survival backstroke, 25m sidestroke)
- Demonstrate tumble turn - basic
- Basic principles of resuscitation (DRSABCD)
- Water safety sequence – defensive position & reverse, delivery of floatation aid in deep water. Swim and float with lifejacket for 3min

