



Level

Skills

		Working Towards	Satisfactory
Aquababies 	2.5 years old	<input type="radio"/>	<input type="radio"/>
	Floating, paddling and balancing in the water	<input type="radio"/>	<input type="radio"/>
	Happy and confident without a parent and works well with the instructor	<input type="radio"/>	<input type="radio"/>
Turtles 	Happy and confident in the water and listens to the instructor	<input type="radio"/>	<input type="radio"/>
	Front floating with instructor assistance (3secs) and back floating with instructor assistance (5secs)	<input type="radio"/>	<input type="radio"/>
	Kicking and paddling independently with a back float on and face in the water (2-3m)	<input type="radio"/>	<input type="radio"/>
	Basic paddles, kicks and face in the water	<input type="radio"/>	<input type="radio"/>
Jellyfish 	Independent swimming without a back bubble and attempt to breathe (5m)	<input type="radio"/>	<input type="radio"/>
	Face in water and good paddles and kicks (5m)	<input type="radio"/>	<input type="radio"/>
	Front float (3secs) and back float (5secs) independently	<input type="radio"/>	<input type="radio"/>
Starfish 	Strong paddles and kicks, breathe and keep going (6m)	<input type="radio"/>	<input type="radio"/>
	Strong torpedo and perfect kicks (6m)	<input type="radio"/>	<input type="radio"/>
	Front float (5secs), back float (10secs), and recover and swim to the platform (3m)	<input type="radio"/>	<input type="radio"/>
	Attempt 'big arms' and attempt kicking on back (6m)	<input type="radio"/>	<input type="radio"/>

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Octopus 	Strong torpedo and perfect kick (4x9m)	<input type="radio"/>	<input type="radio"/>
	Strong freestyle arms and breathing (4x9m)	<input type="radio"/>	<input type="radio"/>
	Strong kick on their back (4x9m)	<input type="radio"/>	<input type="radio"/>
Seahorse 	Strong freestyle with bilateral breathing and correct body position (4x9m)	<input type="radio"/>	<input type="radio"/>
	Strong backstroke with correct body position (4x9m)	<input type="radio"/>	<input type="radio"/>
	Strong stamina in both strokes (4 laps each)	<input type="radio"/>	<input type="radio"/>
Seals 	Freestyle strong whilst keeping correct technique (2x24m)	<input type="radio"/>	<input type="radio"/>
	Backstroke strong whilst keeping correct technique (2x24m)	<input type="radio"/>	<input type="radio"/>
	Basic breaststroke kick on kickboard (24m)	<input type="radio"/>	<input type="radio"/>
Dolphins 	Strong freestyle and backstroke with correct technique and body position (2x30m)	<input type="radio"/>	<input type="radio"/>
	Strong breaststroke kick in streamline position with correct technique for 30m and attempts full breaststroke for 15m	<input type="radio"/>	<input type="radio"/>
	Sculling arms with freestyle kick for 30m	<input type="radio"/>	<input type="radio"/>
	Basic dolphin kick for 30m	<input type="radio"/>	<input type="radio"/>