



**SWIMMER:**

**COACH:**

**DATE OF ASSESSMENT:**

## **LEVEL 1: ANGEL FISH**

**YES NO**

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Familiarization with the water;  |
| <input type="checkbox"/> | <input type="checkbox"/> | Learning to kick and float;  |
| <input type="checkbox"/> | <input type="checkbox"/> | Breathing in and out of the water.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Understand of basic pool rules   |
| <input type="checkbox"/> | <input type="checkbox"/> | Walking in water, with water at shoulder level   |
| <input type="checkbox"/> | <input type="checkbox"/> | Enter and exit pool safely with assistance   |
| <input type="checkbox"/> | <input type="checkbox"/> | Float on front and back with an aid and assistance                                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Get face wet without submerging  |
| <input type="checkbox"/> | <input type="checkbox"/> | Blowing bubbles  |
| <input type="checkbox"/> | <input type="checkbox"/> | Regain feet from a floating position with an aid and assistance                        |
| <input type="checkbox"/> | <input type="checkbox"/> | Kick on front and back with aid  |
| <input type="checkbox"/> | <input type="checkbox"/> | Pick up objects from the bottom of the pool in shallow water                           |
| <input type="checkbox"/> | <input type="checkbox"/> | Bob up and down repeatedly, submerging body and blowing bubbles through nose and mouth |
| <input type="checkbox"/> | <input type="checkbox"/> | Using a board/aid, float on back unassisted  |
| <input type="checkbox"/> | <input type="checkbox"/> | Roll 180 degrees from front to back then regain feet                                   |
| <input type="checkbox"/> | <input type="checkbox"/> | Kick on front with aid unassisted  |
| <input type="checkbox"/> | <input type="checkbox"/> | Kick on back with aid unassisted   |

*It is the opinion of the assessing coach that the above named swimmer should:*

- |                          |   |
|--------------------------|---|
| <input type="checkbox"/> | remain at this level of Learn-to-Swim for a while longer        |
| <input type="checkbox"/> | move up to the next level in the club's Learn-to-Swim Programme |



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## **LEVEL 2: FLOATERS AND KICKERS**

**Building on the previous level, introduction of arm stroke freestyle.**

**YES NO**

- Learning to float on the back
- Floating and kicking on the back
- Introduction of backstroke arms
- Freestyle with breathing
- Demonstrate a floating position on front and back for 10 seconds
- Push off wall and glide on front and back then regain feet
- Demonstrate rotary breathing - show head turning to the side to breath
- Rotate 360 degrees without touching the pool floor
- Demonstrate a freestyle arm action with a board for 5 metres
- Demonstrate a backstroke arm action with a board for 5 metres
- Using an aid, tread water using a cycle kicking action and a breaststroke type leg action for 20 seconds
- Demonstrate a handstand from the bottom of the pool
- Demonstrate a sitting dive and glide
- From a floating position, swim through a submerged hoop
- Push and glide on front and back holding glide for 2 metres
- Swim 5 metres freestyle breathing to the side
- Swim 5 metres backstroke tummy up
- Swim 5 metres breaststroke arms
- Kick on front and back with board for 10 metres
- Tread water for 30 seconds keeping the head clear of the water and then swim 15 metres
- Surface dive and retrieve an object from the pool floor in deep water

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## **LEVEL 3 – TERRIFIC TURTLES**

**This group represents the first entry point into year-round swimming instruction and training. The program's focus is on instilling the proper fundamentals of all four competitive strokes to the athlete in a fun and caring atmosphere.**

**YES NO**

- Swimmers must be able to swim freestyle and backstroke, with rhythmic breathing, for at least 25 meters.
- Demonstrate a kneeling dive and swim out
- Demonstrate a good push off with streamlining, on front and back from a good starting position
- Using a pull buoy, scull 10 metres on front in a forward direction
- Swim 2 x 15 metres free style showing good technique and breathing without stopping
- Swim 2 x 15 metres backstroke showing good technique without stopping
- Using a kickboard, kick 2 x 15m breaststroke
- Kick 10 metres arms by side using a butterfly style undulating action
- Swim 4 x 10 metres each of freestyle and backstroke without stopping

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- move up to the next level in the club's Learn-to-Swim Programme



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## **LEVEL 4 – RISING STARS**

**Swimmers must be able to complete 25 meters of backstroke and freestyle with rotary breathing. They will begin developing correct basic stroke technique in all 4 strokes in a progressive manner, as well as an introduction to turns, starts, and underwater work. Opportunities are available for swimmers in this group to experience the fun of competition in meets.**

**YES NO**

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Demonstrate a front somersault from floating position   |
| <input type="checkbox"/> | <input type="checkbox"/> | Demonstrate a crouching dive  |
| <input type="checkbox"/> | <input type="checkbox"/> | Using a pull buoy, scull 15 metres on front head first and feet first                             |
| <input type="checkbox"/> | <input type="checkbox"/> | Swim 25 metres freestyle with good technique  |
| <input type="checkbox"/> | <input type="checkbox"/> | Swim 25 metres backstroke with good technique   |
| <input type="checkbox"/> | <input type="checkbox"/> | Swim 15 metres breaststroke with correct timing   |
| <input type="checkbox"/> | <input type="checkbox"/> | Attempt butterfly arms and legs together for 5 metres   |
| <input type="checkbox"/> | <input type="checkbox"/> | Treat water attempting eggbeater kick for 45 seconds then swim 25 metres                          |
| <input type="checkbox"/> | <input type="checkbox"/> | Swim 50 metres using 2 different strokes holding good technique attempting turns without stopping |
| <input type="checkbox"/> | <input type="checkbox"/> | Surface dive and retrieve an object from the pool floor in deep water                             |

*It is the opinion of the assessing coach that the above named swimmer should:*

- |                          |   |
|--------------------------|---|
| <input type="checkbox"/> | remain at this level of Learn-to-Swim for a while longer        |
| <input type="checkbox"/> | move up to the next level in the club's Learn-to-Swim Programme |



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## **LEVEL 5 – ADVANCED LEARN TO SWIM**

**Opportunities are available for swimmers in this group to experience the fun of competition in meets.**

**YES NO**

- Demonstrate a standing dive into deep water
- Demonstrate a good push, glide and streamline on front and back; hold   and kick under water for 5 metres
- Using a pull buoy, scull 15 metres on front and back head first and feet first
- Swim 50 metres freestyle demonstrating good rhythm and breathing
- Swim 50 metres backstroke demonstrating good rhythm and breathing
- Swim 25 metres breaststroke attempting pull out and regular breathing
- Swim 10 metres using a butterfly action
- Using a kickboard, kick 4 x 25 metres freestyle and backstroke
- Pull 25 metres freestyle using a pull buoy
- Swim 100 metres using 2 different strokes holding good technique and turns without stopping

*It is the opinion of the assessing coach that the above named swimmer should:*

- remain at this level of Learn-to-Swim for a while longer
- move up to Alpha's Intermediate Competitive Swim Group