

# Children's Group Swimming Lessons



## How to choose the most appropriate swim level for your child:

- Start at Level One
- Read all the criteria listed for Level One and judge whether your child is proficient in each skill
- If the answer is No, your child is Level One
- If the answer is Yes, move to Level Two and repeat
- If your child is proficient in all the skills listed in Level Two, move to Level Three and so on
- When you reach a Level which lists a skill that your child has not been taught before or is not completely proficient in, that is the Level for your child

## Please Note:

- Children must be a minimum age of five before enrolling in swim lessons
- It is not unusual for children to repeat the same Level several times. Every child progresses at different rates, children who swim more regularly and practise their skills on the days they are not in lessons, are likely to progress quicker than those who just attend lessons once a week.

### **LEVEL ONE (Learner Pool)**

1. Understanding of basic pool rules
2. Enter/exit pool safely with assistance
3. Walking in water with water at shoulder level
4. Float on front with face down with board/aid
5. Float on back with tummy up with board/aid
6. Put face in water & blow bubbles
7. Arrow - push & glide across the pool with a strong kick

### **LEVEL TWO (Learner Pool)**

1. Bob up & down repeatedly submerging body & blow bubbles through nose & mouth
2. Swim to pick up objects from the bottom of the pool in shallow water
3. Roll 180° from front to back, then regain feet
4. Strong kick on front for 5m without aid/assistance
5. Strong kick on back for 5m without aid/ assistance
6. Front Crawl arm action & leg action together for 5m
7. Fireman pole in deep water (1.5m to 2m)
8. Stand in main pool at 1.1m or be able to tread water/bob up & down to get back to side safely

### **LEVEL THREE (Main Pool)**

1. Safe pool entry from a standing & sitting position
2. Perform a surface dive & pick up an object from pool floor
3. Demonstrate a floating position on front & back for 10 sec
4. Push off wall & glide on front & back then regain feet
5. Demonstrate rotary breathing - show head turning to the side to breathe
6. Rotate 360° without touching pool floor
7. Full stroke front & back crawl without float demonstrating good technique
8. Understanding of breaststroke leg action
9. Pencil dive into deep water (2m)
10. Tread water (10 sec).

### **LEVEL FOUR (Main Pool)**

1. Strong kick on front & back with a board for 10m
2. Demonstrate a handstand from the bottom of the pool
3. Demonstrate a sitting dive & glide
4. From a floating position swim through a submerged hoop
5. Push & glide on front & back holding glide for 2m
6. Tread water using a cycle kicking action & a breaststroke type leg action (20 sec)
7. Swim 10m freestyle breathing to the side
8. Swim 10m backstroke with tummy up
9. Swim 10m with froggy arms & breaststroke legs

**SWIM  
IRELAND**

### **LEVEL FIVE (Main Pool)**

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 & kick in a streamlined position
5. Demonstrate an understanding of bi-lateral breathing
6. Swim 20m freestyle breathing to the side
7. Swim 20m backstroke keeping head still
8. Swim 20m breaststroke - pull, breathe, kick & glide
9. Kick on front & back for 15m - arms extended
10. Tread water for 20 sec & signal for help
11. Surface dive to 2m

### **LEVEL SIX (Lanes)**

1. Tread water for 30 seconds keeping head clear of the water & then swim for 15m
2. Swim 15m & then surface dive to retrieve an object from the pool floor in 1.5m deep water
3. Demonstrate a kneeling dive & swim out
4. Demonstrate a good push off with streamlining, on front & back from good starting position
5. Using a pull buoy, scull 10m on front in a forward direction
6. Swim 25m freestyle showing good technique & breathing without stopping
7. Swim 25m backstroke showing good technique without stopping
8. Swim 25m breaststroke showing good technique without stopping
9. Kick 10m arms by side using a butterfly style undulating action
10. Standing dive & swim out 10m

### **LEVEL SEVEN (Lanes)**

1. Demonstrate a front somersault from a floating position
2. Demonstrate a pencil dive from block
3. Demonstrate a competitive start from the side
4. Using a pull buoy scull 15m on front headfirst & feet first
5. Swim 50m freestyle with good technique
6. Swim 50m backstroke with good technique
7. Swim 50m breaststroke with correct timing
8. Swim butterfly arms & legs together for 25m
9. Tread water using a cycling kicking action & a breaststroke leg action for 45 sec
10. Swim 50m using two different strokes holding good technique, attempting turns without stopping

### **LEVEL EIGHT (Lanes)**

1. Demonstrate a competitive start for 3 different strokes
2. Demonstrate a competitive turn for 3 different strokes
3. Demonstrate a good push, glide & streamline on front & back: hold & kick under water for 5m
4. Using a pull buoy, scull 25m on front & back, headfirst & feet first
5. Swim 100m freestyle demonstrating good rhythm & breathing
6. Swim 100m backstroke demonstrating good, controlled technique
7. Swim 100m breaststroke with correct timing - pull, breathe, kick & glide
8. Swim 25m butterfly breathing every two strokes
9. Kick 4 x 25m freestyle & backstroke with arms extended
10. Pull 25m freestyle using a pull buoy
11. Swim 100m using 3 different strokes holding good technique & turn without stopping