

Swim Ireland Learn to Swim

Level 1 (Aqua Skills)

1. Enter and exit the water safely
2. Submerge face in the water and exhale through mouth and nose
3. Float on front, with support
4. Float on back, with support
5. Push and glide on front with arms by side, with support
6. Push and glide on back with arms by side, with support
7. Propel through the water for 5m, with support
8. Push and pull the water to complete one vertical rotation, with support
9. Jump in, complete one vertical rotation and propel to the side of the pool, with support
10. Sit and swivel into deep water and climb out

Level 2 (Aqua Skills)

1. Demonstrate ten consecutive submersions, exhaling through mouth and nose
2. Retrieve an object with face fully submerged at full extension of the arm
3. Float on front in a streamlined position
4. Float on back in a streamlined position
5. Rotate from front to back and back to front, with arms by side
6. Push and glide on front with arms in a streamlined position
7. Push and glide on back with arms in a streamlined position
8. Propel through the water for 5m
9. Push and pull the water to complete one vertical rotation
10. Jump in, complete a horizontal rotation onto back and propel to the side of the pool

Level 3 (Aqua Strokes)

1. Demonstrate 5m dolphin action in a streamlined position
2. Demonstrate 5m flutter kick on back in a streamlined position
3. Demonstrate one breaststroke leg action in a streamlined position on back
4. Demonstrate 5m flutter kick on front in a streamlined position
5. On back, rotate up to 90° on each side, with arms by side for 5m whilst kicking
6. Perform a surface dive to retrieve an object
7. Push and pull the water to complete one vertical rotation clockwise and one anticlockwise with legs in tucked position
8. Scull 5m on back, head first utilizing a figure of 8 action to move backwards, with arms by side
9. Demonstrate a sitting dive
10. Tread water, using arms and legs for 30 seconds whilst calling for help, receive an aid and maintain a floating position with the aid for a further 60 seconds

Level 4 (Aqua Strokes)

1. Demonstrate 10m dolphin action in a streamlined position
2. Demonstrate 10m flutter kick on back in a streamlined position
3. Demonstrate five consecutive breaststroke leg actions in a streamlined position
4. Demonstrate 10m flutter kick on front in a streamlined position
5. Demonstrate one butterfly arm action in horizontal position
6. Demonstrate backstroke arms over 5m
7. Demonstrate five consecutive breaststroke arm actions in a standing position
8. Demonstrate frontcrawl arms over 5m
9. Propel 10m, tread water for 60 seconds, receive an aid and float for further 60 seconds and propel to the furthest wall
10. Demonstrate a kneeling dive

Level 5 (Aqua Strokes)

1. Demonstrate 15m dolphin action in a streamlined position
2. Demonstrate 15m flutter kick on back in a streamlined position
3. Kick 15m breaststroke in a streamlined position
4. Demonstrate 15m flutter kick on front in a streamlined position
5. Demonstrate five consecutive butterfly arm actions in a horizontal position
6. Demonstrate backstroke arms over 10m
7. Demonstrate breaststroke arms over 10m
8. Demonstrate frontcrawl arms over 10m
9. Scull 5m on back, feet first utilizing a figure of 8 action to move forwards with arms by side
10. Demonstrate a standing dive

Level 6 (Aqua Strokes)

1. Demonstrate 25m dolphin action in a streamlined position
2. Demonstrate 25m flutter kick on back in a streamlined position
3. Kick 25m breaststroke in a streamlined position
4. Demonstrate 25m flutter kick on front in a streamlined position
5. Demonstrate butterfly arms over 15m
6. Demonstrate backstroke arms over 15m
7. Demonstrate breaststroke arms over 15m
8. Demonstrate frontcrawl arms over 15m
9. Scull 5m on front, head first utilizing a figure of 8 action to move forwards with arms extended
10. Demonstrate a grab start

Level 7 (Aqua Strokes)

1. Demonstrate butterfly over 25m
2. Demonstrate backstroke over 25m
3. Demonstrate breaststroke over 25m
4. Demonstrate frontcrawl with bilateral breathing over 25m
5. Demonstrate 100m of continuous swimming utilising full stroke technique in any of the four strokes
6. Demonstrate a frontcrawl tumble-turn
7. Demonstrate a backstroke tumble-turn
8. Scull 5m on back, feet first, utilizing a figure of 8 action to move forwards with arms extended above head
9. Demonstrate 5m underwater undulation on front and back from a dive and backstroke start
10. Demonstrate a track start

Level 8 (Aqua Active)

1. Demonstrate an understanding of changes in heart rate and effort, utilising basic heart rate measuring techniques and the Borg Scale of Rate of Perceived Exertion
2. Demonstrate an understanding of a warm up and cool down and explain the importance within an aerobic training environment
3. Swim 50m backstroke
4. Swim 50m breaststroke
5. Swim 50m frontcrawl
6. Swim 200m without stopping, maintaining stroke technique throughout
7. Swim 10 x 50m of choice stroke maintaining technique throughout
8. Swim 6 x 100m of choice of stroke maintaining technique throughout
9. Swim 10 x 25m choice of kick maintaining technique throughout
10. Swim 10 x 25m choice of arms maintaining technique throughout

Level 8 (Aqua Club)

1. Demonstrate the effective use of a pace-clock to manage turn-around time, target time and rest time
2. Demonstrate an understanding of stroke count and identify personal stroke count for each of the four competitive strokes
3. Demonstrate an understanding of a warm up and cool down and explain the importance within a competitive training environment
4. Swim 50m butterfly, starting from the block, with up to 15m undulation, legal turn and effective pull-out
5. Swim 50m Backstroke, demonstrating an effective start, including tumbleturn and up to 15m underwater undulation with pull-out
6. Swim 50m breaststroke, starting from the block, including legal turn, underwater action and effective pull-out
7. Swim 50m frontcrawl, starting from the block, including tumbleturn and up to 15m underwater undulation with pull-out
8. Swim 100m Individual Medley with legal turns and underwater phases
9. Spring off the bottom of the pool in vertical streamline position, utilise kick to maintain head out of the water for a minimum of 15 seconds
10. Demonstrate effective sculling technique on front and back in I, Y, V and W positions