



MARION OUTDOOR POOL

Swim School Assessment Criteria

Level 1 – Starfish

- Face Wet
- Blow Bubbles
- Front Star Float
- Back Star Float
- 3m assisted torpedo (push from side, arms extended, face in water, blow bubbles)

Level 2 – Seahorse

- 5m Torpedo unassisted
- 10m freestyle arms
- 5m backstroke arms
- Duck dive to recover a submerged object in waist deep water

Level 3 – Stingray

- 15m Freestyle with breathing
- 15m backstroke continuous
- 15m breaststroke

Level 4 – Dolphin

- 25m freestyle (bilateral breathing, continuous)
- 25m backstroke (windmill arms)
- 20m breaststroke with glide and correctly times breathing
- Introduce tumble turn (3 arm somersault)

Level 5 – Dive Squad

- 50m freestyle continuous
- 50m backstroke
- 50m breaststroke (with glide)
- 25m dolphin kick
- Effective dive
- Effective tumble turn

Level 6 - Butterflies

- 100m backstroke continuous
- 100m freestyle continuous
- 100m breaststroke continuous
- 50m butterfly
- Refined tumble-turn
- Refined dive