

CERTIFICATES FOR EACH LEVEL



YELLOW LEVELS

Level 1

- I know I'm about to go under water
- I can hold onto the wall by myself for 5 seconds
- Congratulations Mum/Dad you let your baby swim unaided
- 3 sec swim
- 5 sec swim
- 7 sec swim
- I have Completed YL1

Level 2

- Pull myself to safety
- I can be pulled to safety with a variety of equipment
- I can hand walk around the pool to safety
- Spider finger across ledge
- I can enter and exit the pool safely
- I can put my face in the water
- open eyes
- I have Completed YL2

Level 3

- Jellyfish (front balance)
- Starfish (back balance)
- Rocketship
- I trust buoyancy in all depths of the pool
- I can be thrown away and return to a safe place
- Level 3 SAFETY
- I have Completed YL3

Level 4

- I can swim to the wall by myself and hold on
- humpty dumpty
- I am a good listener
- I can climb out by myself
- I can wait and show ready
- 6m swim
- Level 4 SAFETY
- I have Completed YL4

GREEN LEVELS

Level 5

- Rollover
- 6m swim Front
- 6m swim on side
- 6m back swim
- 6m survival backstroke arms
- 6m breaststroke (arms)
- 12.5m swim
- Level 5 SAFETY
- Hacky - 100m
- I have Completed GL5

Level 6

- I blow bubbles as I swim
- 6m freestyle
- 6m backstroke
- 6m survival backstroke kick
- 6m breaststroke kick
- 6m butterfly kick
- 25m swim
- Level 6 SAFETY
- Level 6 ENTRIES
- Hacky - 300m
- I have Completed GL6

Level 7

- 12.5m freestyle
- 12.5m backstroke
- 6m survival backstroke
- 6m breaststroke
- 6m sidestroke arms
- 6m Butterfly arms
- Level 7 SAFETY
- Level 7 ENTRIES
- Hacky - 400m
- I have Completed GL7

Level 8

- 25m freestyle
- 25m backstroke
- 12.5m survival backstroke
- 12.5m breaststroke
- 6m sidestroke kick
- 6m butterfly
- 50m swim
- Level 8 SAFETY
- Level 8 ENTRIES
- Hacky - 500m
- I have Completed RL8

Level 9

- 50m freestyle
- 50m back
- 25m survival backstroke
- 25m breaststroke
- 6m sidestroke
- 12.5m butterfly
- 100m swim
- Level 9 SAFETY
- Level 9 ENTRIES
- Hacky - 600m
- I have Completed RL9

Level 10

- 100m freestyle
- 100m back
- 50m survival backstroke
- 50m breast
- 25m butterfly
- 12.5m sidestroke
- Level 10 SAFETY
- Level 10 ENTRIES
- Hacky - 800m
- I have Completed RL10

RED LEVELS

*Hacky is a long distance swim using any stroke or combination of strokes. Distances shown are the minimum for each level.