

YMCA SWIMMING LEVELS

LEVEL NUMBER	YMCA LEVEL	COMPETENCIES
1	Octopus	Beginner level.
2	Salmon	<p>Can competently -</p> <p>RECOVER/STAND FROM UNAIDED FACE DOWN FLOAT /GLIDE</p> <p>RECOVER FROM AIDED BACK FLOAT TO STAND POSITION</p> <p>CONFIDENT AND COMPETENTLY TORPEDO 3 METRES</p> <p>AIDED FRONT KICK 10 METRES, FACE IN BODY EXTENDED</p> <p>AIDED BACK KICK 10 METRES, BODY EXTENDED (EARS IN)</p> <p>UNAIDED, NON STOP MOVEMENT FOR 5 METRES</p> <p>FLOAT FOR 30 SEC. WITH FLOATATION AID & SIGNAL FOR HELP</p> <p>TEACHER RESCUES WITH RIGID AID, PULL TO SAFETY</p> <p>FULLY SUBMERGE, OPEN EYES, BLOW BUBBLES</p> <p>ON LAND UNDERARM THROW OF AID</p> <p>SAFE CONFIDENT EXIT</p>
Tr3	Super Salmon	<p>Can competently -</p> <p>SLIDE IN ENTRY</p> <p>SWIM 10 METRES BACKSTROKE</p> <p>SWIM 10 METRES FREESTYLE</p> <p>COMPLETELY COMPLETE MIN 2 OF - TREAD 15SEC AND KICK TO EDGE</p> <p style="padding-left: 40px;">AND/OR SCULL ON BACK 30SEC AND KICK TO EDGE</p> <p style="padding-left: 40px;">AND/OR FLOAT 30SEC KICK EDGE, RESCUE AID FLOAT 30 SEC KICK EDGE</p> <p>TEACHER ROPE RESCUE 5 METRE, TO A SAFE POSITION</p> <p>RECOVER AN OBJECT FROM CHEST DEPTH</p> <p>FROM SAFETY THROW BUOYANT AID TO A PARTNER 5 MTR</p> <p>EXIT DEEP WATER SAFELY AND EASILY</p>
3	Tuna	<p>Can competently -</p> <p>DEMONSTRATE STEP- IN ENTRY</p> <p>SWIM 15 METRES BACKSTROKE (In Deep Water)</p> <p>SWIM 15 MTR FREESTYLE USING CORRECT STROKE TECHNIQUE</p> <p>SWIM 25 MTR OF EITHER FREESTYLE OR BACKSTROKE</p> <p>INTRO TO SURVIVAL BACKSTROKE</p> <p>TREAD DEEP WATER 30 SECS</p> <p>SURVIVAL SCULL DEEP WATER 30 SECS</p> <p>SURFACE DIVE, RECOVER OBJECT CHEST DEPTH</p> <p>USING A RIGID OBJECT, PULL PARTNER TO SAFETY</p> <p>EXIT WATER WITHOUT USING A LADDER</p>
4	Eel	<p>Can competently -</p> <p>DEMONSTRATE STEP- IN ENTRY</p> <p>SWIM 25 METRES BACKSTROKE</p> <p>SWIM 25 MTR FREESTYLE USING CORRECT STROKE TECHNIQUE</p> <p>15 MTR SURVIVAL BACKSTROKE LEGS ONLY, CORRECT TECH</p> <p>15 MTR SURVIVAL BACKSTROKE CORRECT STROKE TECHNIQUE</p> <p>Sequence: Swimwear & T-shirt - TREAD WATER 30SECS</p> <p style="padding-left: 40px;">ROTATE UPRIGHT BODY USING ARM SCULLING ACTION</p> <p style="padding-left: 40px;">SURVIVAL SCULL 1 MIN</p> <p>SURFACE DIVE AND RECOVER OBJECT CHEST DEPTH</p> <p>USING A RIGID OBJECT, PULL PARTNER TO SAFETY</p> <p>EXIT WATER WITHOUT USING A LADDER</p>
5	Flying Fish	<p>Can competently -</p> <p>DEMONSTRATE COMPACT JUMP & TWO OTHER SAFE ENTRIES</p> <p>SEQUENCE : SWIM CONTINUOUSLY, CORRECT TECHNIQUE:</p> <p style="padding-left: 40px;">50 METRES BACKSTROKE AND 50 METRES FREESTYLE</p> <p>SWIM 25 MTR SURVIVAL BACKSTROKE CORRECT TECHNIQUE</p> <p>FLOATATION AID, KICK 15 MTR BREASTSTROKE LEG ACTION</p> <p>SWIM 15 MTR BREASTSTROKE USING CORRECT TIMING</p> <p>SEQUENCE IN SWIM WEAR, T-SHIRT AND SHORTS</p> <p style="padding-left: 40px;">SCULL, FLOAT OR TREAD WATER FOR 2 MIN , SWIM ;</p> <p style="padding-left: 40px;">SLOWLY FOR 3 MIN USING RECOGNISED SURVIVAL STROKES</p> <p>CORRECTLY FIT PERSONAL FLOATATION DEVICE (PFD), JUMP IN DEEP WATER. FLOAT 30 SEC THEN EXIT</p> <p>COIL & THROW A WEIGHTED ROPE TO A TARGET 5 MTR AWAY</p> <p>USE A NON-RIGID OBJECT OR AID PULL PARTNER TO SAFETY</p>

** Please note students may be able to complete some competencies for the next level.