VU SWIM SCHOOL
LEVEL CRITERIA
Below is the criteria that must be attained before moving up to the next level.

2 - 3 YEARS - WATER FAMILIARISATION
• Stand on platform without assistance
• Safe entry
• Fully submerge face and body assisted
• Float on front assisted
• Float on back assisted
• Blowing bubbles
• Basic front kick with an aid
• Basic back kick with an aid
• Jump off edge with assistance
• Climb out of water unassisted
• Parent or guardian support not required

LEVEL 1A
• Safe entry
• Blowing bubbles
• Fully submerge head and body assisted
• Pick up object from chest depth
• Float from front to back assisted
• Basic freestyle kick and arms assisted
• Basic backstroke kick and arms assisted
• Introduction to treading water
• Seated torpedo

LEVEL 1B
• Safe entry
• Fully submerge head and body unassisted
• Float from front to back unassisted
• Basic freestyle kick and arms with an aid* (5 metres unassisted by teacher)
• Basic backstroke kick and arms with an aid (5 metre unassisted by teacher)
• Basic breaststroke kick
• Duck dive
• Tread water for 5 seconds
• Seated torpedo

LEVEL 2A
• Safe entry
• Fully submerge the head and body unassisted
• Comfortable leaving the wall unassisted
• Unassisted torpedo (freestyle kick) without aid to half way
• Freestyle kick and arms with correct breathing technique unassisted to half way (12.5m)
• Backstroke kick and arms unassisted to half way (12.5m)
• Basic breaststroke kick and arms unassisted to half way (12.5m)
• Introduction to survival backstroke/sidestroke
• Tread water for 10 seconds
• Duck dives unassisted to half way (12.5m)

LEVEL 2B (Progression to deep lane)
• Safe entry
• Fully submerge the head and body unassisted in the deep lane (2m)
• 25m torpedo kick
• Freestyle kick and arms with correct breathing technique without aid or assistance 25m shallow lane
• Backstroke kick and arms without aid or assistance 25m shallow lane
• Developed breaststroke kick and arms unassisted 25m shallow lane
• Developed survival backstroke/sidestroke
• Basic butterfly kick
• Comfortable treading water in 2m depth for 30 seconds
• Standing dive into 2m depth
LEVEL 3 (DEEP LANE)
- Safe entry
- Tread water for 2 minutes
- 50m freestyle with correct technique
- 50m backstroke with correct technique
- 50m breaststroke with correct technique
- 50m survival backstroke
- 50m survival side-stroke
- 12.5m butterfly
- Retrieve item from 2m depth
- Forward somersaults unassisted
- Dive off block into 2m depth

LEVEL 4 (DEEP LANE)
- Safe entry
- 100m freestyle with correct technique
- 100m backstroke with correct technique
- 100m breaststroke with correct technique
- 100m survival backstroke
- 100m survival side-stroke
- 25m butterfly
- Tread water for 3 minutes
- Introduction to stroke starts
- Retrieve item from 2m depth
- Developed tumble turns
- Developed competitive dive into 2m depth

LEVEL 5 (DEEP LANE)
- Safe entry
- Tread water for 3 minutes
- Efficient freestyle, backstroke and breaststroke (150m continuously)
- Efficient survival backstroke and survival side stroke
- 50m butterfly
- Developed stroke starts
- Retrieve item from 2m depth
- Developed tumble turns
- Developed competitive dive into 2m depth

JUNIOR SQUAD
- Correct starts with streamline past flags
- Correct starts with streamline to 12.5
- 50m Freestyle, Backstroke, Breaststroke and Butterfly sprint (timed)
- 1km time trial
- 200m Freestyle with consistent breathing
- Understanding use of pace clock
- Correct turns for all strokes
- Correct turns with streamline to flags
- Competitive dive off block
- Advanced Water Safety components

STUDENT PROGRESS REPORTS
Progress reports will be sent directly to email address that has been provided.

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