AquaAware Program Level Assessment

Child's Name:

Grade:

Please use this form to assess your child's level of competency for the AquaAware Learn to Swim Program. Please note there are 8 levels of competency.

You may access the Kyneton Toyota Sports and Aquatic Centre with free entry to conduct your own assessment. Please take this form with you and present it to Reception to receive free entry and to complete the assessment.

Please tick the box against all criteria your child is competent in, starting at Level 1

ALL criteria must be marked off in order for your child to be deemed competent at that level.

	Level 1. Learn to swim pool
	Float on front & back holding a buoyant aid
	Kick on front & back using a buoyant aid
	Move 3 metres continuously using arms and legs
	Submerge body and blow bubbles

	Level 2. Learn to swim pool
	Float on front & back and recover to standing position
	Slide in & exit unassisted
	Tread water holding a buoyant aid
	Swim 5 metres freestyle

	Level 3. 25m pool
	Float on back for 30 seconds
	Tread water for 30 seconds
	Swim 10 metres freestyle
	Swim 5 metres backstroke
	Move 5 metres using survival backstroke kick

	Level 4. 25m pool
	Swim 15 metres freestyle
	Swim 15 metres backstroke
	Swim 10 metres survival backstroke
	Move 10 metres breaststroke kick

Level 5. 25m pool
Swim 25 metres freestyle
Swim 25 metres backstroke
Swim 15 metres survival backstroke
Swim 15 metres basic breaststroke

Level 6. 25m pool
Swim 50 metres freestyle
Swim 50 metres backstroke
Swim 25 metres survival backstroke
Swim 25 metres breaststroke
Move 10 metres using dolphin kick

Level 7. 25m pool
Swim 75 metres freestyle
Swim 75 metres backstroke
Swim 50 metres survival backstroke
Swim 50 metres breaststroke

Level 8. 25m pool
Swim 100 metres freestyle
Swim 100 metres backstroke
Swim 75 metres survival backstroke
Swim 75 metres breaststroke
Swim 15 metres sidestroke