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## What Level Should I book? Aqua Swimming – Swim Progression and Stages

**Pre-School** – If the answer is ‘Yes’ to these questions then join Pre-School  
3 – 4 years old?

Responds to a teacher and listens in a group situation?  
Can get in the water without parents?

**Beginner 1** – If ‘Yes’ to these questions then join Beginner 1  
4 years and over?

Unable to swim without buoyancy aids?  
Can get in the water by themselves  
Responds to a teacher in a class scenario and move around by themselves?

**Beginner 2** – If ‘Yes’ to these questions then join Beginner 2

Hold a stretched floating position with a buoyancy aid?  
Can put face in the water in comfort & submerge fully?  
Can push and glide from the wall in a horizontal position?  
Can travel 5 metres without buoyancy aids?

**Intermediate 1** – If ‘Yes’ to these questions then join Intermediate 1

Jump in from the side without assistance?  
Push and glide on the front and back without buoyancy aids?  
Can travel 10 metres without buoyancy aids?

**Intermediate 2** – If ‘Yes’ to these questions then join Intermediate 2

Perform a sink/push and hold a streamlined position?  
Jump in from poolside and fully submerge?  
Travel 25 metres without buoyancy aids on the front and back?  
Fully submerge and pick up an object from the pool bottom?

**Improver 1** – If ‘Yes’ to these questions then join Improver 1

Demonstrate 10 metres of Backstroke, Breaststroke, Butterfly & Freestyle kick to  
ASA expected standards?  
Travel in excess of 25 metres in comfort without buoyancy aids on the front and  
back?  
Hold a tuck float and demonstrate good buoyancy for 5 seconds?  
Can perform a simple sitting dive from side of the pool in deep water?

**Improver 2 – If ‘Yes’ to these questions then join Improver 2**

Perform a forward somersault tucked in the water?

Tread water and scull for 30 seconds?

Swim a minimum of 10 metres Backstroke, Frontcrawl, Butterfly & Breaststroke to ASA expected standards?

Swim a minimum of 50 metres in comfort on the front and back

**Improver 3 – If ‘Yes’ to these questions then join Improver 3**

Can swim a minimum of 10 metres with clothes on?

Can swim Breaststroke, Frontcrawl & Butterfly to ASA expected standards using 6 rhythmical breaths?

Swim 25 metres of one stroke to expected ASA standards?

Perform a surface dive in deep water?

**Aqua Swimming Club – ‘Yes’ to these questions then join Swimming Club**

Can swim 50 metres Backstroke, Breaststroke, Frontcrawl & Butterfly to ASA expected standards?

Can swim 200 metres using 3 different strokes to ASA expected standard?

Can perform a forward and backward somersault, scull feet first and head first for 10 metres?

Perform a standing dive from the side of the pool?