

**Breathing**

**Arms**

**Kick**

**Float and Glide**

**Submersion and  
Breath Control**

**Confidence**

**Entry and Exit**

**Able to complete arm strokes with regular breathing while maintaining correct body position, consistent kick and consistent stroking**

**Able to complete 6-10 arm strokes while maintaining breath control and streamline body position**

**Able to kick in a streamline position front and back with rotation to breathing position for 8-10m**

**Able to float then glide in a streamline body position for 5m front and back, including rotation**

**Able to submerge for 5 secs and to pick up two or more objects from the bottom in a relaxed manner**

**Able to move around in the water in a relaxed manner without assistance**

**Able to enter and exit in a variety of ways in a relaxed manner**

