CONGRATULATIONS

ON COMPLETING YOUR JOURNEY TO

ATHENS

You have demonstrated the ability to:

- Safely enter and exit
- Submerge head under water and recover an object in shallow water
- Push and glide, front and back
- Float on back and front without aid
- 5m torpedo/streamline
- 5m sculling on back
- 5m backstroke - no board
- 5m freestyle - no breath & no board
- Introduction to lateral breathing during freestyle arms
- Jump into deep water towards a teacher and swim back to the edge of the pool
- Basic knowledge of water safety

ATHENS
LEVEL ONE

STATE SPORT CENTRES
SWIM SCHOOL

STUDENT NAME

DATE

MELBOURNE SPORTS AND AQUATIC CENTRE

<<<<<<<<<<<<<<< STATE SPORT CENTRES >>>>>>>>>> LEARN TO SWIM >>>>>>
>>>>>>>>>>>>>>>>>>>>>>>> LEVEL ONE >>>>>>>>>> ATHENS >>>>>>>>>>>>>>>

CONGRATULATIONS

ON COMPLETING YOUR JOURNEY TO

BEIJING

You have demonstrated the ability to:

- Safely enter and exit in deep water
- Submerge head under water and recover an object in waist deep water
- Move from back float to front float
- 10m lateral breathing freestyle without a board
- 10m backstroke
- 10m demonstration of survival backstroke - legs only
- An introduction to survival backstroke arms
- Ability to jump into deep water and swim back to the wall
- Intermediate knowledge of water safety

BEIJING
LEVEL TWO

STATE SPORT CENTRES
SWIM SCHOOL

STUDENT NAME

DATE

MELBOURNE SPORTS AND AQUATIC CENTRE

<<<<<<<<<<<<<<< STATE SPORT CENTRES >>>>>>>>>> LEARN TO SWIM >>>>>>
>>>>>>>>>>>>>>>>>>>>>>>> LEVEL TWO >>>>>>>>>> BEIJING >>>>>>>>>>>>>>>

CONGRATULATIONS

ON COMPLETING YOUR JOURNEY TO

TOKYO

You have demonstrated the ability to:

- Side lateral freestyle kick with a board
- 12.5m freestyle with bilateral breathing
- 12.5m backstroke with continuous arms
- 12.5m survival backstroke
- 12.5m breaststroke kick with board
- 5m demonstration of full breaststroke - arms and legs together
- Ability to tread water for 30 seconds
- Ability to safety "jump" into deep water and recover to the wall
- Survival backstroke arm motion for 5m
- An intermediate knowledge of water safety

TOKYO
LEVEL THREE

STATE SPORT CENTRES
SWIM SCHOOL

STUDENT NAME

DATE

MELBOURNE SPORTS AND AQUATIC CENTRE

<<<<<<<<<<<<<<<< STATE SPORT CENTRES >>>>>>>>>> LEARN TO SWIM >>>>>>
>>>>>>>>>>>>>>>>>>>>>>>> LEVEL THREE >>>>>>>>>> TOKYO >>>>>>>>>>

CONGRATULATIONS

ON COMPLETING YOUR JOURNEY TO

LONDON

You have demonstrated the ability to:

- Side lateral freestyle kick with a board
- 25m freestyle with bilateral breathing
- 25m backstroke with continuous arms
- 25m survival backstroke
- 12.5m breaststroke
- Butterfly kicking motion
- Introduction to butterfly arm motion
- Ability to tread water for 60 seconds and recover to the wall
- An intermediate knowledge of water safety

LONDON
LEVEL FOUR

STATE SPORT CENTRES
SWIM SCHOOL

STUDENT NAME

DATE

MELBOURNE SPORTS AND AQUATIC CENTRE

<<<<<<<<<<<< STATE SPORT CENTRES >>>>>>>>>> LEARN TO SWIM>>>>>>
>>>>>>>>>>>>>>>>>>>>>>>>>LEVEL FOUR>>>>>>>>>>LONDON>>>>>>>>>><<<<<<<

CONGRATULATIONS

ON COMPLETING YOUR JOURNEY TO

LOS ANGELES

You have demonstrated the ability to:

- 25m side lateral freestyle kick without a board
- 50 m freestyle with bilateral breathing
- 25m backstroke with continuous arms
- 25m breaststroke with correct timing
- 12.5m of butterfly - no breath
- Tight streamlines and three dolphin kicks off the wall
- Ability to tread water for two minutes and then perform survival backstroke for 25m
- An advanced knowledge of water safety

LOS ANGELES
LEVEL FIVE

STATE SPORT CENTRES
SWIM SCHOOL

STUDENT NAME

DATE

MELBOURNE SPORTS AND AQUATIC CENTRE

<<<<<<<<<<<<<<<<<<<< STATE SPORT CENTRES >>>>>>>>>> LEARN TO SWIM >>>>>>
>>>>>>>>>>>>>>>>>>>>>> LEVEL FIVE >>>>>>>>>> LOS ANGELES >>>>>>>>>>>>>>>

CONGRATULATIONS

ON COMPLETING YOUR JOURNEY TO

RIO DE JANEIRO

You have demonstrated the ability to:

- 50m side lateral freestyle kick
- 75m freestyle with bilateral breathing
- 75m backstroke with continuous arms
- 50m breaststroke with correct timing
- 25m butterfly with correct timing and breath
- Introduction to tumble turns
- Ability to kick in a tight streamline on their front and back
- Squatting and standing dives
- Tread water for 3 minutes then perform 50m survival backstroke
- Demonstrate a reach rescue and a throw rescue
- An advanced knowledge of water safety

RIO DE JANERIO
LEVEL SIX

STATE SPORT CENTRES
SWIM SCHOOL

STUDENT NAME

DATE

MELBOURNE SPORTS AND AQUATIC CENTRE

<<<<<<<<<<<<<<<<<<<< STATE SPORT CENTRES >>>>>>>>>> LEARN TO SWIM >>>>>>
>>>>>>>>>>>>>>>>>>>> LEVEL SIX >>>>>>>>>> RIO DE JANERIO >>>>>>>>>>>>>>

CONGRATULATIONS

ON COMPLETING YOUR JOURNEY TO

ATLANTA

You have demonstrated the ability to:

- 75m side lateral freestyle kick without a board
- 100m bilateral breathing freestyle with tumble turns & three dolphin kicks of each wall
- 100m backstroke continuous arms with tumble turns & three dolphin kicks off each wall
- 100m breaststroke with correct timing and turns
- 25m butterfly with correct timing
- Race dive off the edge of the pool
- Ability to tread water for 5 minutes and then perform survival backstroke for 75m
- Perform a reach rescue and a throw rescue
- Advanced knowledge of water safety
- Ability to complete stroke requirements in a continuous set

ATLANTA
LEVEL SEVEN

STATE SPORT CENTRES
SWIM SCHOOL

STUDENT NAME

DATE

MELBOURNE SPORTS AND AQUATIC CENTRE

<<<<<<<<<<<<<<<<<<< STATE SPORT CENTRES >>>>>>>>>> LEARN TO SWIM >>>>>>
>>>>>>>>>>>>>>>>>>>>>>> LEVEL SEVEN >>>>>>>>>> ATLANTA >>>>>>>>>><<<<<<<

CONGRATULATIONS

ON COMPLETING YOUR JOURNEY TO

MELBOURNE

You have demonstrated the ability to:

- Freestyle build endurance while maintaining correct technique
- Backstroke build endurance while maintaining correct technique
- Breaststroke develop technique and timing
- Butterfly rhythmic timing with arms, legs, and breathing
- Knowledge of medley order and ability to change strokes every 25 meters
- Advanced tumble turns and touch turns for all strokes
- Dive from a raised surface (min depth 1.8m) with streamline and swim 25 meters
- Increase conditioning and training sessions twice per week

MELBOURNE
LEVEL EIGHT

STATE SPORT CENTRES
SWIM SCHOOL

STUDENT NAME

DATE

MELBOURNE SPORTS AND AQUATIC CENTRE

<<<<<<<<<<<<<<<<<<<< STATE SPORT CENTRES >>>>>>>>>> LEARN TO SWIM >>>>>>
>>>>>>>>>>>>>>>>>>>> LEVEL EIGHT >>>>>>>>>> MELBOURNE >>>>>>>>>>>>>>>

CONGRATULATIONS

ON COMPLETING

PRESCHOOL BRONZE

You have demonstrated the ability to:

- Safe entry and exit
- Ability to put eyes in the water
- Comfortable whilst swimming without teacher assistance
- Floating on back with teacher assistance
- 5m kicking (with propulsion) using a noodle, on their front
- 5m kicking (with propulsion) using a noodle, on their back

PRESCHOOL LEVEL BRONZE

STATE SPORT CENTRES SWIM SCHOOL

STUDENT NAME

DATE

MELBOURNE SPORTS AND AQUATIC CENTRE

<<<<<<<<<<<<<<<<<<<< STATE SPORT CENTRES >>>>>>>>>> LEARN TO SWIM >>>>>>
>>>>>>>>>>>>>>>>>>>> LEVEL BRONZE >>>>>>>>>> PRESCHOOL >>>>>>>>>>>>>>>>

CONGRATULATIONS

ON COMPLETING

PRESCHOOL SILVER

You have demonstrated the ability to:

- Safe entry and exit
- Ability to put head under the water
- Comfortable whilst swimming without teacher assistance
- Floating on back with use of aid
- Floating on front with use of aid
- 5m kicking on front using a kick board
- 5m kicking on back using a kickboard
- Introduction to freestyle arms
- Ability to jump into deep water towards the teacher

PRESCHOOL
LEVEL SILVER

STATE SPORT CENTRES
SWIM SCHOOL

STUDENT NAME

DATE

MELBOURNE SPORTS AND AQUATIC CENTRE

<<<<<<<<<<<<<<<<<<<< STATE SPORT CENTRES >>>>>>>>>> LEARN TO SWIM >>>>>>
>>>>>>>>>>>>>>>>>>>> LEVEL SILVER >>>>>>>>>> PRESCHOOL >>>>>>>>>>>>>>>

CONGRATULATIONS

ON COMPLETING

PRESCHOOL GOLD

You have demonstrated the ability to:

- Safety entry and exit
- Ability to submerge head under the water and recover an object
- Push and glide on their front and back
- Floating on their front and back
- 5m torpedo/streamline arms with kicking
- 5m sculling hands and kicking on their back
- 5m freestyle arms without a board
- 5m backstroke without a board
- Ability to jump into deep water and swim back to the edge of the pool
- Introduction to lateral breathing during freestyle arms
- A basic knowledge of water safety

PRESCHOOL LEVEL GOLD

STATE SPORT CENTRES SWIM SCHOOL

STUDENT NAME

DATE

MELBOURNE SPORTS AND AQUATIC CENTRE

<<<<<<<<<<<<<<<<<<< STATE SPORT CENTRES >>>>>>>>>> LEARN TO SWIM >>>>>>
>>>>>>>>>>>>>>>>>>>> LEVEL GOLD >>>>>>>>>> PRESCHOOL >>>>>>>>>>>>>>

CONGRATULATIONS

ON PARTICIPATING IN

WATERBABIES PLAY

You demonstrated working towards the ability to:

- Familiarisation with the environment and comfort in water
- Introduction to correct holding techniques
- Introduction to breath control and correct submersion techniques
- Continued development of natural buoyancy
- Introdcution of toys and floatation aids for propulsion
- Guideance on water safety and safe entry and exit techniques
- Introduction to cues

WATERBABIES LEVEL PLAY

STATE SPORT CENTRES SWIM SCHOOL

STUDENT NAME

DATE

MELBOURNE SPORTS AND AQUATIC CENTRE

<<<<<<<<<<<<<<<<<<<< STATE SPORT CENTRES >>>>>>>>>> LEARN TO SWIM >>>>>>
>>>>>>>>>>>>>>>>>>>> PLAY >>>>>>>>>> WATERBABIES >>>>>>>>>>>>>>>>>>>

CONGRATULATIONS

ON PARTICIPATING IN

WATERBABIES BRONZE

You demonstrated working towards the ability to:

- Enter water safely with assistance
- Grasp pool edge, hold on with assistance
- Develop word association for bubbles
- Float on back with assistance
- Kick legs with assistance
- Splash or paddle arms
- Fall and turn to safety
- Undertake complete submersion

WATERBABIES
LEVEL BRONZE

STATE SPORT CENTRES
SWIM SCHOOL

STUDENT NAME

DATE

MELBOURNE SPORTS AND AQUATIC CENTRE

<<<<<<<<<<<<<<<<<<<< STATE SPORT CENTRES >>>>>>>>>> LEARN TO SWIM >>>>>>
>>>>>>>>>>>>>>>>>>>> BRONZE >>>>>>>>>> WATERBABIES >>>>>>>>>>>>>>>>

CONGRATULATIONS

ON PARTICIPATING IN

WATERBABIES SILVER

You demonstrated working towards the ability to:

- Enter water safely with minimal assistance
- Grasp pool edge and exit safely
- Attempt blowing bubbles
- Undertake submerged free swim
- Float for three seconds on back
- Balance and propel self with floatation aid
- Kick legs with up/down motion
- Paddle arms under water
- Jump and turn
- Roll front to back in motion with assistance

WATERBABIES
LEVEL SILVER

STATE SPORT CENTRES
SWIM SCHOOL

STUDENT NAME

DATE

MELBOURNE SPORTS AND AQUATIC CENTRE

<<<<<<<<<<<<<<<<<<< STATE SPORT CENTRES >>>>>>>>>> LEARN TO SWIM >>>>>>
>>>>>>>>>>>>>>>>>>>> SILVER >>>>>>>>>> WATERBABIES >>>>>>>>>>>>>>>>

CONGRATULATIONS

ON PARTICIPATING IN

WATERBABIES GOLD

You demonstrated working towards the ability to:

- Enter and exit water safely unassisted
- Blow bubbles
- Propel self through water
- Float for three seconds on front, roll onto back for three seconds
- Balance and propel self with flotation aid
- Kick legs with straight up/down motion
- Paddle arms effectively
- Jump and turn
- Attempt pop up breathing

WATERBABIES LEVEL GOLD

STATE SPORT CENTRES SWIM SCHOOL

STUDENT NAME

DATE

MELBOURNE SPORTS AND AQUATIC CENTRE

<<<<<<<<<<<<<<<<<<<< STATE SPORT CENTRES >>>>>>>>>> LEARN TO SWIM >>>>>
>>>>>>>>>>>>>>>>>>>> GOLD >>>>>>>>>> WATERBABIES >>>>>>>>>><<<<<<<<<<<<<<<<<<<