



GRADING CRITERIA

Child's Name: _____ Grade: _____

Please circle the number of the description that best describes your child.

- 1 Beginner with little or no previous water experience, who displays little or no confidence around water. Requires flotation aids for most activities.
- 2 Confident beginner who is comfortable in water. Can submerge and blow bubbles. Can kick on their back and front with assistance for a short distance.
- 3 Confident in the water. Can kick on their back unassisted (10 metres) and kick on their front 10 metres with a kickboard. Is beginning to learn freestyle and backstroke techniques.
- 4 Confident and competent in the water. Can swim 10 metres backstroke and ready to attempt freestyle unaided.
- 5 Confident and competent in the water. Can comfortably swim 20 metres backstroke and can swim 5 metres basic freestyle (learning breathing). Developing survival skills.
- 6 Very confident and competent in the water. Can comfortably swim 50 metres backstroke and 20 metres freestyle using correct and efficient stroke technique. Ready to be introduced to breaststroke.
- 7 Very confident and competent in the water. Able to swim up to 50 metres backstroke and 50 metres freestyle using correct and efficient stroke technique. Have been introduced to breaststroke.
- 8 Very confident and competent in the water. Can correctly and efficiently swim 100 metres backstroke, 100 metres freestyle, 25 metres breaststroke and able to or ready to learn to butterfly.