

# dll SWIM ACADEMY

LEARN TO SWIM AND GAIN  
SKILLS FOR LIFE WITH DLL  
EIGHT LEVELS TO PROGRESS,  
FROM AGES 3 TO ADULT



MORE  
INFO:

SCAN  
HERE:



## SPLASH

- Get into pool safely from sitting position
- Jump into pool safely
- Blow bubbles with mouth and nose in water
- Regain standing position
- Float on front or back for 5 seconds, without aids
- Perform front crawl kick for 10m, with aids
- Perform front paddle for 10m, with aids
- Perform dolphin kick for 5m, with aids
- Push and glide away from the pool wall

## WAVE 1

- Learn the pool rules
- Get into, and out of, the pool safely
- Splash water over face
- Float on front, with aids if needed
- Float on back, with aids if needed
- Push and glide on the front
- Swim front crawl for 5 metres, with aids if needed
- Swim breaststroke or butterfly for 5m, with aids if needed
- Swim backstroke for 5m, with aids if needed
- Scull in a vertical position, with aids if needed
- Play a teacher-led game in the pool

## WAVE 2

- Jump into the water (at least 0.9m deep) and exit the water safely
- Float on the front
- Float on the back
- Kick for 5m, face in water, blowing bubbles 4 times
- Push and glide on the front with arms extended and face in the water
- Push and glide on the back
- Swim 5m front crawl
- Swim 5m backstroke
- Swim 5m breaststroke or butterfly
- Perform a 360° roll
- Scull head first, on the back, for 5m, with aids if needed

## WAVE 3

- Without goggles, jump into the water, collect object from pool floor and get out of the pool
- Push and glide on the front, log roll onto back
- Swim 10m front crawl
- Swim 10m backstroke
- Swim 5m breaststroke
- Swim 5m butterfly
- Swim 5m on the front, tuck and rotate, then swim 5m on the back
- Scull feet first on the back for 5m
- Tread water for 15 seconds
- Learn the Safe Code

## WAVE 4

- Perform dolphin kicks underwater on the front and back
- Demonstrate 10m front crawl kick
- Demonstrate 10m backstroke kick
- Swim 10m front crawl or backstroke (alternating stroke)
- Demonstrate 10m breaststroke kick, on the front
- Demonstrate 10m butterfly kick, on the front
- Swim 10m breaststroke or butterfly (simultaneous stroke)
- Demonstrate the HELP position (Heat Escape Lessening Posture)
- Perform a series of floating shapes
- Tread water for 30 seconds

## WAVE 5

- Show three different shaped jumps into the water (at least 1.5m deep)
- Swim 15m front crawl
- Swim 15m backstroke
- Swim 10m breaststroke
- Swim 10m butterfly
- Swim 25m choice of stroke
- With a partner, perform different sculling movements for 45 seconds
- Tread water for 30 seconds, attract attention and move into the huddle position
- Perform a handstand on the pool floor
- Demonstrate a forward somersault in the water

## WAVE 6

- Understand principles of warm-up before exercising
- Swim 20m front crawl from an underwater push and glide
- Swim 20m backstroke from an underwater push and glide
- Swim 15m breaststroke from a push and glide
- Swim 15m butterfly from a push and glide
- Swim 50m using 2 different strokes
- Swim 25m wearing clothes
- Demonstrate a 'shout and signal' action while treading water
- Perform a head first surface dive
- Perform a sitting dive (into water at least 1.5m deep)
- Demonstrate a backward somersault in the water.

## WAVE 7

- Swim 25m front crawl
- Swim 25m backstroke
- Swim 20m breaststroke
- Swim 20m butterfly
- Swim 100m Individual Medley
- Swim 200m using at least 3 different strokes
- Perform a plunge dive (into water at least 1.8m deep)
- Tread water using an eggbeater action while passing a ball
- Complete a 25m obstacle course with 4 obstacles
- In a small group, demonstrate rotation, floating, sculling and treading water
- Take part in a relay race.

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