

SWIMMING LEVELS

- **Non-Swimmer** Not able to swim and not confident in the water
- **Beginner 1** Able to put face in, swim up to 5m without the use of an aid on front and back. Water confident. Star fish float for 5 seconds, able to jump in unaided
- **Beginner 2** Swim 10m front and back without the use of an aid. Able to sit dive. (Must be front crawl for 10m not doggie paddle)
- **Improver 1** Swim 25m on front and back (front crawl not doggie paddle, without stopping or pausing). Know some breaststroke. Able to dive in
- **Improver 2** Swim 50m on front and back (without stopping) Swim 25m breaststroke. Tread water for 10 seconds, good at diving
- **Advanced 1** Swim 100m+ all strokes effectively, able to dive, some knowledge of butterfly
- **Advanced 2** Swim 400m+ with effective strokes, able to tumble turn, able to swim 100m butterfly
- **Pre-Club** For those far more advanced than Adv 2. **NB:** This class can only be attended by those referred by the DCSC swimming teachers .