

- 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.