

SILVER 1

Skill No.Skill description

- 1 To jump in from the block in the deep end
- 2 To swim 25m of frontcrawl
- 3 To swim 25m of backstroke
- 4 To swim 10m of breaststroke kick (float/noodle optional)
- 5 To swim 10m of butterfly leg kick
- 6 Sink, push and glide maintaining a streamlined position on front
- 7 Sink, push and glide maintaining a streamlined position on back
- 8 Push and glide on front with arms extended and log roll onto the back
- 9 Push and glide on back with arms extended and log roll onto the front
- 10 Swim 5m on front, perform a tuck to rotate onto the back & rtn on back
- 11 To attempt a sitting/kneeling/standing dive from the side of the pool
- 12 To pick up a sinker from deeper water

SILVER 2

Skill No.Skill description

- 1 From a push & glide, swim 25m of frontcrawl comfortably
- 2 From a push & glide, swim 25m of backstroke comfortably
- 3 From a push & glide, swim 25m of breaststroke with a 'legal' leg kick
- 4 Swim 12m of butterfly inc a strong leg kick & attempt a breathing pattern
- 5 Perform a sequence of changing shapes whilst floating on front
- 6 Perform 5m of head first sculling on the back
- 7 Do a handstand
- 8 Tread water for 10 seconds
- 9 Perform a head first surface dive
- 10 Dive independently from the side
- 11 Demonstrate an understanding of pool rules and pool safety