

# **WATER CREATIONS SWIM ACADEMY LTD**

## **WCSA Learn to Swim Criteria**



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# Parent and Child

I have completed the safety criteria for this stage.

1. Enter the water safely from a seated or standing position and return to the wall or pool side, with full adult support.
2. Be at ease wetting or splashing the face and putting the chin in the water.
3. Hold the rail or side of pool and move towards the steps or ladders using floatation equipment, with full adult support.
4. Exit the water safely with adult supervision.

I have completed the skills criteria for this stage.

5. Float on the front using floatation equipment, with full adult support.
6. Reach and grab toys on top of and under the surface of the water.
7. Rotate 180 degrees either using a log roll or an upright position, using floatation equipment and with minimal adult support.
8. Push away from the wall in a streamlined position, with full adult support.

I have completed the stroke criteria for this stage.

9. Travel on the front using floatation equipment, with full adult support.

**Badges Achievable:** Discovery Ducklings 1 | Discovery Ducklings 2 |  
Discovery Ducklings 3 | Discovery Ducklings 4

# Ducklings

I have completed the safety criteria for this stage.

1. I can enter the pool, rotate and return to the side without adult support.
2. I can swim comfortably with three arm discs on my front and back.
3. I can move 5 metres along the rail or wall without adult support.
4. I can climb out of the water without adult support.

I have completed the skill criteria for this stage.

5. I can submerge my face with confidence and without force under adult supervision.
6. I can push off on the front and back in a streamlined shape without a supporting adult.
7. I can jump from the wall into the water without adult support.
8. I can star float on my front and back for 5 seconds with swimming aids.
9. I can rotate 180 degrees either using a log roll or an upright position, using floatation equipment and without adult support.
10. I can move from a flat body position to an upright position and return back to a flat body position.

**Badges Achievable:** Ducklings 1 | Ducklings 2 | Ducklings 3

# Stage 1 5yrs Beginners +



I have completed the safety criteria for this stage.

- I can enter the pool, rotate and return to the side without adult support.
- I can swim comfortably with one noodle.
- I can move 5 metres along the rail or wall without adult support.
- I can climb out of the water without adult support.

I have completed the skill criteria for this stage.

- I can submerge my face with confidence and without force under adult supervision.
- I can push off on the front and back in a streamlined shape without a supporting adult.
- I can jump from the wall into the water without adult support.
- I can star float on my front and back for 5 seconds with swimming aids.
- I can rotate 180 degrees either using a log roll or an upright position, using floatation equipment and without adult support.
- I can move from a flat body position to an upright position and return back to a flat body position.

**Badges Achievable:** Ducklings 1 | Ducklings 2 | Ducklings 3



# Stage 1 Criteria

I have completed the safety criteria for this stage.

1. I can jump into the pool and float on my back without aids.
2. I can jump into the pool and swim back to the wall without aids.
3. I can swim comfortably with a noodle on my front and back and with swimming aids.
4. I can maintain an upright position using my hands and legs for 10 seconds (with swimming aids).
5. I can swim unaided on my front and back for at least 4 metres without adult support.
6. I can perform a signal for help.
7. I am safe in the water most of the time.

I have completed the skill criteria for this stage.

8. I can blow bubbles slowly under water for at least 5 seconds consistently and without encouragement.
9. I can push off on my front and back in a streamlined shape without aids.
10. I can jump into the water and fully submerge confidently.
11. I can star float on my front and back for 5 seconds without aids.
12. I can pencil float and mushroom float without aids.
13. I can log roll without swimming aids.
14. I can submerge from the wall to the floor.
15. I have completed my Water Skills 1.

I have completed the stroke criteria for this stage.

16. I can push, glide and swim front crawl for 6 metres using an alternative leg action and long paddle with swimming aids.
17. I can push, glide and swim backstroke for 6 metres using an alternative leg action with swimming aids.

**Badges Achievable:** Water Skills 1 | Stage 1 | Rainbow Distance 5 metres



## Stage 2 Criteria

I have completed the safety criteria for this stage.

1. I can tread water in an upright position for 10 seconds without floatation equipment and signal for help.
2. I can swim comfortably, confidently and consistently unaided for 12 metres (rope and back - pause allowed) without any adult support.
3. I can fully submerge, and rhythmically take a breath; re-submerge four times.
4. I have completed my Water Safety Award.

I have completed the skills criteria for this stage.

5. I can blow bubbles a minimum of three times rhythmically, with my face submerged.
6. I can collect a submerged object from the floor using two different techniques.
7. I can sink, push and glide on my front and back.
8. I can log roll from my back to front and back to front unaided.
9. I can transition from three different floating positions.
10. I can sitting dive.
11. I have completed my Water Skills 2.

I have completed the stroke criteria for this stage.

12. I can alternate kick on my front for 12 metres with light swimming aids.
13. I can alternate kick on my back for 12 metres with light swimming aids.
14. I can move both feet back, out, round and together for 6 metres.
15. I can wiggle on my front for 6 metres.
16. I can push, glide and swim front crawl for 6 metres using an alternative leg action and attempting arm over recoveries unaided.
17. I can push, glide and swim backstroke for 6 metres using an alternative leg action unaided.

**Badges Achievable:** Water Safety Award | Water Skills 2 | Stage 2 |  
Rainbow Distance 10 metres



# Stage 3 Criteria

I have completed the safety criteria for this stage.

1. I have completed my Water Safety Award 2.

I have completed the skills criteria for this stage.

2. I can kneeling dive.
3. I can head first scull on my back.
4. I can collect a submerged object: from the wall; using a jump; and pushing from the wall to the floor.
5. I can complete an obstacle course (which includes a jump / dive, submersion, floating, treading water).
6. I have completed my Water Skills 3.

I have completed the stroke criteria for this stage.

7. I can alternate kick on my front for 18 metres with swimming aids.
8. I can alternate kick on my back for 18 metres with swimming aids.
9. I can perform a breaststroke kick for 12.5 metres with swimming aids.
10. I can perform a butterfly kick for 6 metres.
11. I can push, glide and swim rhythmic front crawl (with arm over recoveries and breathing to the side) for 12.5 metres.
12. I can push, glide and swim backstroke (using arm over recoveries) for 12.5 metres.
13. I can push, glide and perform breaststroke for 6 metres.
14. I can push, glide and perform dolphin for 6 metres.

**Badges Achievable:** Water Safety Award 2 | Water Skills 3 | Stage 3 |  
Rainbow Distance 15 metres

# Stage 4 Criteria



I have completed the safety criteria for this stage.

1. I have completed my Personal Survival 1.

I have completed the safety criteria for this stage.

2. I use controlled trickle breathing for front crawl and backstroke.
3. I use controlled explosive breathing for breaststroke and butterfly.
4. I can feet first scull on my back.
5. I can attempt a standing dive.
6. I can tread water for 1 minute.
7. I can perform a forward roll from the wall.
8. I can complete an obstacle course (which includes a jump / dive, submersion, floating, treading water).
9. I have completed my Water Skills 4.

I have completed the safety criteria for this stage.

10. I can flutter kick on my front for 25 metres with swimming aids.
11. I can flutter kick on my back for 25 metres with swimming aids.
12. I can perform butterfly kick for 12.5 metres with or without swimming aids.
13. I can perform a breaststroke kick for 12.5 metres with swimming aids.
14. I can push, glide and swim using rhythmic front crawl for 25 metres (with rolling breathing to the side).
15. I can push, glide and swim backstroke for 25 metres.
16. I can push, glide and perform breaststroke 12.5 metres.
17. I can push, glide and perform butterfly for 6 metres.

**Badges Achievable:** Water Skills 4 | Stage 3 | Rainbow Distance 25 metres





# Stage 5 Criteria

I have completed the safety criteria for this stage.

- I have completed my Personal Survival Award 2.

I have completed the skills criteria for this stage.

- I can stationary scull.
- I can scull with a partner.
- I can swim 25 metres performing different styles of sculling.
- I can perform a handstand.
- I can standing dive from a raised wall.
- I can perform a stationary forward roll.
- I can complete an obstacle course (which includes a dive, submersion, floating, treading water).
- I have completed my Water Skills 5.

I have completed the stroke criteria for this stage.

- I can flutter kick on my front for 50 metres with swimming aids.
- I can flutter kick on my back for 50 metres with swimming aids.
- I can perform butterfly kick for 25 metres with swimming aids
- I can perform a breaststroke kick for 25 metres with swimming aids.
- I can push, glide and swim using rhythmic front crawl for 50 metres (with rolling breathing to the side) maintaining technical expectations throughout.
- I can push, glide and swim backstroke for 50 metres maintaining technical expectations throughout.
- I can push, glide and perform breaststroke 25 metres maintaining technical expectations throughout.
- I can push, glide and perform butterfly for 12.5 metres.

**Badges Achievable:** Water Skills 5 | Stage 5 | Rainbow Distance 50 metres

# Stage 6 Criteria

I have completed the safety criteria for this stage.

1. I have completed my Water Safety Award 3 with clothes on.
2. I have completed my Rookie Lifeguard Bronze Reward.

I have completed the safety criteria for this stage.

3. I can scull with a partner.
4. I can swim 50 metres performing different styles of sculling.
5. I can perform a touch turn for breaststroke and butterfly.
6. I can perform tumble turns with underwater transitions.
7. I can standing dive from a raised wall and perform underwater transitions.
8. I can complete an obstacle course (which includes a dive, submersion, floating, treading water).
9. I have completed my Water Skills 6.

I have completed the safety criteria for this stage.

10. I can flutter kick on my front for 100 metres with swimming aids.
11. I can flutter kick on my back for 100 metres with swimming aids.
12. I can perform butterfly kick for 50 metres with swimming aids
13. I can perform a breaststroke kick for 50 metres with swimming aids.
14. I can push, glide and swim using rhythmic front crawl for 100 metres (with rolling breathing to the side) maintaining technical expectations throughout.
15. I can push, glide and swim backstroke for 100 metres maintaining technical expectations throughout.
16. I can push, glide and perform breaststroke 50 metres maintaining technical expectations throughout.
17. I can push, glide and perform butterfly for 25 metres maintaining technical expectations throughout.

**Badges Achievable:** Water Safety Award 3 | Water Skills 6 | Stage 6 |  
Rainbow Distance 100 metres

# Stage 7 Criteria



I have completed the safety criteria for this stage.

- I have completed my Rookie Lifeguard Silver Reward.
  
- I can swim 100 metres performing different styles of sculling.
- I perform all the correct turns when finishing my lengths.
- I can standing dive from a raised wall and perform underwater transitions.
- I can complete an obstacle course (which includes a dive, submersion, floating, treading water).
- I have completed my Swimming Challenge Bronze Award.
  
- I can flutter kick on my front for 200 metres with swimming aids.
- I can flutter kick on my back for 200 metres with swimming aids.
- I can perform butterfly kick for 100 metres with swimming aids
- I can perform a breaststroke kick for 100 metres with swimming aids.
- I can push, glide and swim using rhythmic front crawl for 200 metres (with rolling breathing to the side) maintaining technical expectations throughout.
- I can push, glide and swim backstroke for 200 metres maintaining technical expectations throughout.
- I can push, glide and perform breaststroke 100 metres.
- I can push, glide and perform butterfly for 50 metres.

**Badges Achievable:** Stage 7 | Rainbow Distance 200 metres |  
Swimming Challenge Bronze Award



## Stage 7 +

I have completed the safety criteria for this stage.

- I have completed my Rookie Lifeguard Gold Reward.

I have completed the skill criteria for this stage.

- I have completed my Bronze Reward Swimming Challenge.
- I have completed my Silver Reward Swimming Challenge.
- I have completed my Gold Reward Swimming Challenge.

I have completed the stroke criteria for this stage.

- I can push, glide and swim using rhythmic front crawl for 400 metres (with breathing to the side) maintaining technical expectations throughout.
- I can push, glide and swim backstroke for 400 metres maintaining technical expectations throughout.
- I can swim breaststroke for 400 metres maintaining technical expectations throughout.
- I can swim butterfly for 100 metres maintaining technique expectations throughout.