

ASA Swimming Levels/Standards as used by SwimDay

These ASA Standards are used by SwimDay as they allow good progression towards the ability to swim 25 metres and gain deep water confidence.

Certificates are awarded by SwimDay at the end of the academic year in recognition of the progress made over that year.

LEVEL 1

Skill Development

- enter the water confidently and unaided using a swivel entry
- put face in water and blow bubbles for 5 seconds
- bob up and down to fully submerge the head - repeat 6 times continuously
- move freely around the pool using a combination of hop, jump, skip etc
- open eyes under water and identify an object selected by the teacher

Stroke Development

- travel 5 metres using an alternating kicking action with a float(s)
- travel 5 metres using a simultaneous kicking action with a float(s)
- standing with arms in the water stretched in front of the shoulders, show an underwater alternating arm action
- standing with arms in the water stretched in front of the shoulders, show an underwater simultaneous arm action
- achieve a horizontal position on the back with float (s)

LEVEL 2

Skill Development

- push off wall or floor to show a horizontal position on the front with face in water with/without aids
- push off wall or floor to show a horizontal position on the back with/without aids
- remaining in a vertical position throughout rotate through 360° with feet off the pool floor with/without aids
- show a motionless floating position and hold for 5 seconds with/without aids
- *1 climb out of the pool without the use of steps

Stroke Development

- kick 5 metres using an alternating action without aids on the front
- kick 5 metres using an alternating action without aids on the back
- *2 kick 5 metres using a simultaneous kicking action without aids
- using arms and legs travel 5 metres on the front without aids
- using arms and legs travel 5 metres on the back without aids
- *1 In pools where the distance between the water surface and the side of the pool makes climbing out very difficult the correct use of the steps may be used as the criteria
- *2 Simultaneous kicking action refers to a Breaststroke or dolphin type action

LEVEL 3 - No aids to be used except where specifically stated

Skill Development

- jump into the water (minimum depth 0.9 metres) from the side with confidence and without support
- submerge to kneel on pool floor
- submerge completely for five seconds
- lie flat on the front at the surface of the water without support for 5 seconds and regain the standing position
- stand with arms in the water stretched in front of the shoulders, demonstrate a figure of 8 sculling - repeat 6 times consecutively

Stroke Development

- stand with face in the water
 - breathe to side
 - breathe to front

*repeat 6 times consecutively
- kick 5 metres on front using a Breaststroke type kick, with feet turned out without a float
- kick 5 metres, on back, using an alternating action with legs long and toes pointed hands held still at side
- using arms and legs travel 10 metres on the front
- stand with shoulders at the water surface, hands in front demonstrate a circular Front Crawl arm action

LEVEL 4 - No aids to be used except where specifically stated

Skill Development

- lie flat on the back at the surface of the water without support for 5 seconds and regain the standing position
- with eyes open pick up an object from the pool floor without hesitation and using both hands (minimum depth 0.9 metres)
- *3 from a horizontal stretched position, face in the water, arms overhead in line with the body, turn through 180°, travel 5 metres to the side without touching the pool bottom, then climb out
- from the wall, push off with two feet and hold streamlined glide on the front for 5 seconds
- hold a tucked floating position for 10 seconds

Stroke Development

- kick 5 metres, on front or back, using a dolphin undulating action with toes pointed
- kick 5 metres, on front, using an alternating action with legs long and toes pointed without use of hands
- stand with shoulders under the water, hands in front and demonstrate a small circular Breaststroke action
- using arms and legs travel 10 metres on the back
- standing upright demonstrate a circular Back Crawl arm action
- *3 In pools where the distance between the water surface and the side of the pool makes climbing out very difficult the correct use of the steps may be used as the criteria

LEVEL 5 - No aids to be used except where specifically stated

Skill Development

- different jumps entering feet first and showing control in flight and on landing (minimum depth 0.9 metres)
- a mushroom float for 10 seconds
- on the back and using two feet push from the wall into a streamlined position and hold stretched position arms overhead in line with the body for a minimum of 5 seconds
- in water of at least shoulder depth, tread water for 10 seconds
- scull head first, on the back, for a distance of 5 metres
- from a horizontal, flat stretched position (face in the water) rotate through 360° and regain the standing position

Stroke Development

- kick 10 metres using a Front Crawl leg action, without a float and with hands still
- kick 10 metres using a Breaststroke leg action, with or without a float
- kick 10 metres using a Backcrawl leg action, without a float with arms extended overhead, hands together
- travel 5 metres on the front using legs and arms, roll, and continue for 5 metres on the back using legs and arms

LEVEL 6 ... No aids to be used except where specifically stated

Skill Development

- feet first surface dive to show complete submersion
- *4 head first surface dive, in water of at least full stretch height depth to show complete submersion
- star float on the front or the back for 5 seconds
- submerge, move underwater to an object positioned 5 metres away, pick-up, surface and return to start on the back carrying the object
- tread water, using hands and feet, for a minimum of 15 seconds, to include 2 x 360° turns in the vertical position, one in each direction
- start with a push and glide swim underwater, through a hoop, covering a distance of 5 metres

•5 stroke development

- swim 10 metres full stroke Front Crawl showing basic technique with regular breathing
- swim 10 metres full stroke Backcrawl showing basic technique with regular breathing
- swim 10 metres full stroke Breaststroke showing basic technique with regular breathing
- using a dolphin action, without a float, kick 10 metres on the front