

# YOUTH LEVEL GUIDE

## YOUTH BEGGINER

Goal: Independence

- Enter and exit the water safely and independently
- Submerge face and head with full exhalation for 10 seconds
- Front float and recover with support
- Independent front float for 15 seconds and recover
- Back float and recover with support
- Independent back float for 15 seconds and recover
- Push off from wall, torpedo glide on front, face down exhaling
- Flutter kick with and without board
- Front torpedo with flutter kick for 12.5 metres
- Freestyle arms with and without board 12.5 metres
- Introduce Freestyle breathing on wall
- Flutter kick on back with and without board for 12.5 metres
- Introduce Backstroke arms on wall
- Survival Backstroke kick with and without board for 10 metres
- Survival backstroke for 12.5 metres
- Flutter kick, underwater arm pulling in deep water with support
- Tuck and recover from front float to back float and back to front float
- Log roll from front to back float and back to front float
- Survival sequence: Jump in deep water, back float, tuck, return to wall

## YOUTH INTERMEDIATE

Goal: Stroke development

- Push off wall, front glide and log roll front to back and back to front, recover
- Straight freestyle arm and breathing with and without board for 12.5 metres
- Push off from wall, glide, swim freestyle with breathing for 25 metres
- Straight backstroke arm with and without board for 12.5 metres
- Push off from wall, glide, swim 25 metres backstroke
- Survival backstroke for 25 metres
- Introduce breaststroke kick on wall and with board for 12.5 metres
- Introduce breaststroke arm and breathing for 12.5 metres
- Push off from wall, glide, swim breaststroke for 12.5 metres
- Dolphin dives for 12.5 metres
- Perform handstand
- Forward somersault, exhaling and recover
- Tread water for 60 seconds
- Survival sequence: jump in deep water, back float, tuck, tread water for 60 seconds, back float, log roll to front, return to wall

After achieving all of the skills in the Youth levels, students will progress to Frog level or join Adult Style Correction once they are 17.

