Swimming ladder.

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| **Level 5**  Swim 50 metres sidestroke in still & moving water  Swim 50 metres breaststroke in still & moving water  Swim 100 metres backstroke  Swim 100 metres freestyle |
| **Level 4**  Fit a lifejacket in water without standing on pool bottom  Tread water wearing clothing & swim 20 metres using survival stroke  Swim 25 metres sidestroke in still & moving water  Swim 25 metres breaststroke in still & moving water  Swim 50 metres backstroke  Swim 50 metres freestyle |
| **Level 3**  Float in moving water  Demonstrate duck & dolphin diving & safer dives  Fit a life jacket, demonstrate H.E.L.P & huddle  Demonstrate basic sidestroke  Demonstrate breaststroke  Swim backstroke for 25 metres  Swim freestyle for 25 metres, rolling to breathe |
| **Level 2**  Offer rigid & non-rigid aide for assistance  Tread water for one minute  Demonstrate survival backstroke for 10 metres  Demonstrate breaststroke leg action  Kick on my front & roll to breathe on both sides  Demonstrate freestyle & backstroke arms while kicking for 10 metres |

[](http://www.google.co.nz/imgres?q=swimming&hl=en&safe=strict&sa=X&tbo=d&biw=1366&bih=571&tbm=isch&tbnid=-qccfmMoODS8xM:&imgrefurl=http://www.bluestone.school.nz/WebSpace/215/&docid=qvy0b5At18tYdM&imgurl=http://www.bluestone.school.nz/DataStore/Pages/PAGE_215/Docs/Documents/Screenshot2012-01-26at11.23.36PM.png&w=398&h=226&ei=RLK2UPCmHMyhiAer44HwAw&zoom=1&iact=hc&vpx=214&vpy=2&dur=2546&hovh=169&hovw=298&tx=139&ty=102&sig=111591155173020183220&page=3&tbnh=93&tbnw=164&start=59&ndsp=32&ved=1t:429,r:2,s:59,i:282)