GRADING CRITERIA

Child’s Name: ____________________________ Grade:________________

Please circle the number of the description that best describes your child.

1. Beginner with little or no previous water experience, who displays little or no confidence around water. Requires flotation aids for most activities.


3. Confident in the water. Can kick on their back unassisted (10 metres) and kick on their front 10 metres with a kickboard. Is beginning to learn freestyle and backstroke techniques.


5. Confident and competent in the water. Can comfortably swim 20 metres backstroke and can swim 5 metres basic freestyle (learning breathing). Developing survival skills.

6. Very confident and competent in the water. Can comfortably swim 50 metres backstroke and 20 metres freestyle using correct and efficient stroke technique. Ready to be introduced to breaststroke.

7. Very confident and competent in the water. Able to swim up to 50 metres backstroke and 50 metres freestyle using correct and efficient stroke technique. Have been introduced to breaststroke.

8. Very confident and competent in the water. Can correctly and efficiently swim 100 metres backstroke, 100 metres freestyle, 25 metres breaststroke and able to or ready to learn to butterfly.

9. Participates in squad

10. Participates in swimming competition for a swimming club