



LTS CLASS 1

Submerge skill with the ability to 'blow bubbles'

Independent (without pool assistant) horizontal travel (both feet off the pool floor) a distance of 3 – 5m



LTS CLASS 2 ENTRY LEVEL

Swivel entry from poolside

Independent travel a distance of 5m on front and back, consistently demonstrating a horizontal streamline body position and effective 'kick' 'pointy toes' (equipment may be used)

The ability to 'show' basic aquatic breathing i.e. 'blowing bubbles' with faces in the water

The confidence to practise a new skill(s)



LTS CLASS 2 EXIT LEVEL

The ability to follow instructions (listening skills)

An understanding of safety (appropriate behaviour on poolside and during lessons)

Consistently demonstrating a streamline body position.

Evidence/understanding of bi lateral aquatic breathing in a 6-10m Front crawl swim, consistently demonstrating a 'good kick' (long legs/floppy feet)

6-10m Backstroke swim

The ability to demonstrate Breast kick (equipment may be used)

Streamline Dolphin kick with controlled aquatic breathing

