

## Junior Dolphins criteria

<b>Dory's</b>	<ul style="list-style-type: none"> <li>➤ Swivel entry, exit pool safely</li> <li>➤ Travel 5m on Front (effective kick, underwater paddle, face in water with bubbles blowing, horizontal)</li> <li>➤ Travel 5m on Back (effective kick, horizontal position, small scull movement, head back)</li> <li>➤ Confidently blow 3 lots of bubbles submerging for each set</li> <li>➤ Know and understand 3 pool rules minimum</li> <li>➤ Floating without aids on front and back</li> <li>➤ Basic Push and Glide</li> </ul>
<b>Nemo's</b>	<ul style="list-style-type: none"> <li>➤ Jump into shallow end of main pool</li> <li>➤ Push and glide on Front (streamlined) and Back</li> <li>➤ 10m Basic Frontcrawl swim (Full arm stroke)</li> <li>➤ 10m Basic Backstroke swim (Full arm stroke)</li> <li>➤ 10m Breaststroke kick</li> <li>➤ 10m Dolphin leg kick</li> <li>➤ Push and Glide with flip (on front and back)</li> <li>➤ Push and Glide with Log roll (on front and back)</li> </ul>
<b>Dolphin's</b>	<ul style="list-style-type: none"> <li>➤ 10m Frontcrawl swim (to set standards by SE)</li> <li>➤ 10m Backstroke swim (to set standards by SE)</li> <li>➤ 10m Breaststroke swim (to set standards by SE)</li> <li>➤ 10m Butterfly swim (to set standards by SE)</li> <li>➤ 25m Choice distance swim confidently</li> <li>➤ Tuck float for 5 seconds</li> <li>➤ Floating sequence (minimum of 3 shapes)</li> <li>➤ Somersault</li> <li>➤ Ability to jump into water showing three different shapes</li> </ul>
<b>Juniors 1</b>	<ul style="list-style-type: none"> <li>➤ 25m Frontcrawl swim (to set standards by SE) with Push and glide streamlined and 3 Butterfly leg kicks</li> <li>➤ 25m Backstroke swim (to set standards by SE) with Push and glide streamlined and 3 Butterfly leg kicks</li> <li>➤ 25m Breaststroke swim (to set standards by SE) with Push and glide and A pull</li> <li>➤ 25m Butterfly swim (to set standards by SE) with Push and glide streamlined and 3 Butterfly leg kicks</li> <li>➤ 50m Choice distance swim confidently</li> <li>➤ Swim on front and rotate onto back in one movement</li> <li>➤ Swim on back and rotate onto front in one movement</li> <li>➤ Push and glide to pool floor (streamline)</li> <li>➤ Sculling head first and feet first for minimum of 10m</li> <li>➤ Sitting Dive confidently</li> <li>➤ Basic standing dive</li> </ul>

## Juniors 2

- 50m Frontcrawl swim (to set standards by SE) with Correct Underwater transition and turn
- 50m Backstroke swim (to set standards by SE) with Correct Underwater transition and turn
- 50m Breaststroke swim (to set standards by SE) with Correct Underwater transition and turn
- 50m Butterfly swim (to set standards by SE) with Correct Underwater transition and turn
- 100m Choice Distance swim confidently
- Kick streamlined in all 4 strokes for 25m
- Continually show Correct underwater starts and finishes for each stroke
- Continually show Basic turns all four strokes
- Basic racing dive
- Confident Standing dive