

Junior Dolphins criteria

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

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