

## JLA STAGE 2 - IMPROVERS

Swimmers must be able to complete all of these requirements:

I can jump into the pool and return to poolside safely, without help from my teacher.

I can put my face in the water and blow bubbles for 5 seconds.

I can hold a star float position on my front for 10 seconds, then stand/return to the wall without support.

I can hold a star float position on my back for 10 seconds, then stand/return to the wall without support.

I can float on my front, then rotate (horizontally) onto my back and stand up/return to the wall.

I can float on my back, then rotate (horizontally) onto my front and stand up/return to the wall.

I can push and glide on my front in a streamline position.

I can push and glide on my back in a streamline position.

I can swim 5m (across the pool) frontcrawl, with my arms clearing the water and taking a breath.

I can swim 5m (across the pool) backstroke, with my arms clearing the water correctly.

Completion of a requirement is based on the professional judgement of the class teacher. Requirements must be completed confidently and consistently for a child to be ready to move to the next class.