



## ON MAKING IT TO ATHENS

- Safely enter and exit
- Submerge head under water and recover an object in shallow water
- Push and glide, front and back
- Float on back and front without aid
- 5m torpedo/streamline
- 5m sculling on back
- 5m backstroke - no board

- 5m freestyle - no breath & no board
- Introduction to lateral breathing during freestyle arms
- Jump into deep water towards a teacher and swim back to the edge of the pool
- Basic knowledge of water safety

# PASSPORT TO #BEYOURBEST



# MELBOURNE SPORTS CENTRES SWIM SCHOOL

STUDENT NAME

DATE \_\_\_\_\_



<<<<<<<<< MELBOURNE SPORTS CENTRES >>>><<<< LEARN TO SWIM>>>>  
>>>>>>>>>><<<<<<<<<LEVEL ONE>>>><<<<<ATHENS>>>><<<<<>>>>>><<>>>>>>>

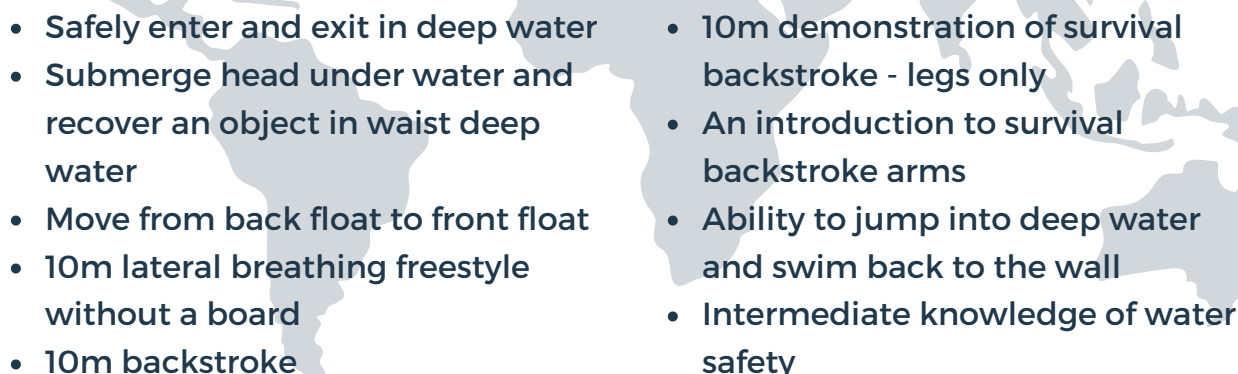


# MELBOURNE SPORTS CENTRES

# CONGRATULATIONS

## ON MAKING IT TO BEIJING

On your way to Beijing, you demonstrated the ability to:

- 
- Safely enter and exit in deep water
  - Submerge head under water and recover an object in waist deep water
  - Move from back float to front float
  - 10m lateral breathing freestyle without a board
  - 10m backstroke
  - 10m demonstration of survival backstroke - legs only
  - An introduction to survival backstroke arms
  - Ability to jump into deep water and swim back to the wall
  - Intermediate knowledge of water safety

# PASSPORT TO #BEYOURBEST



## BEIJING LEVEL TWO

# MELBOURNE SPORTS CENTRES SWIM SCHOOL

STUDENT NAME

DATE \_\_\_\_\_



<<<<<<<<< MELBOURNE SPORTS CENTRES >>>><<<< LEARN TO SWIM>>>>  
>>>>>>>>>><<<<<<<<<LEVEL TWO>>>><<<<BEIJING>>>><<<<>>>>>><>>>>>>>

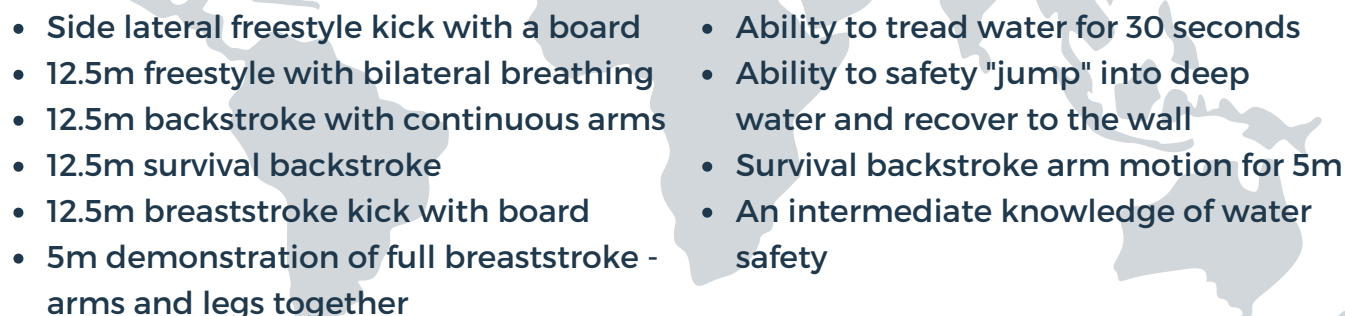


# MELBOURNE SPORTS CENTRES

# CONGRATULATIONS

# ON MAKING IT TO TOKYO

On your way to Tokyo, you demonstrated the ability to:

- 
- Side lateral freestyle kick with a board
  - 12.5m freestyle with bilateral breathing
  - 12.5m backstroke with continuous arms
  - 12.5m survival backstroke
  - 12.5m breaststroke kick with board
  - 5m demonstration of full breaststroke - arms and legs together
  - Ability to tread water for 30 seconds
  - Ability to safely "jump" into deep water and recover to the wall
  - Survival backstroke arm motion for 5m
  - An intermediate knowledge of water safety

# PASSPORT TO #BEYOURBEST



## TOKYO LEVEL THREE

# MELBOURNE SPORTS CENTRES SWIM SCHOOL

STUDENT NAME

DATE



<<<<<<<<< MELBOURNE SPORTS CENTRES >>>><<<< LEARN TO SWIM>>>>>  
>>>>>>>>>><<<<<<<<<LEVEL THREE>>>><<<<TOKYO>>>><<<<<>>>>>

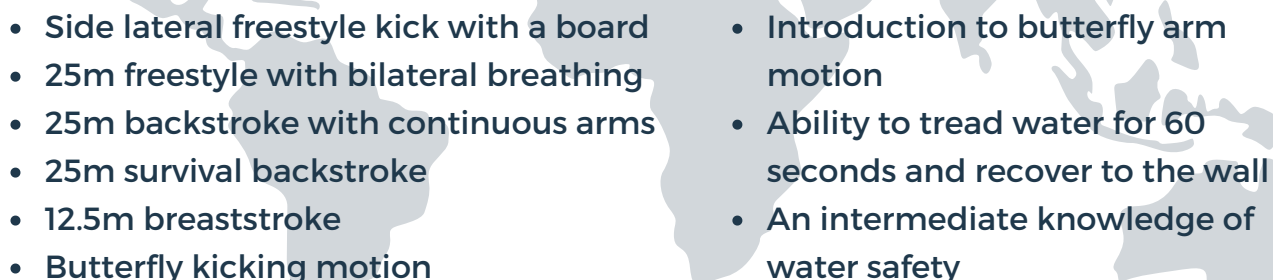


# MELBOURNE SPORTS CENTRES

# CONGRATULATIONS

## ON MAKING IT TO LONDON

On your way to London, you demonstrated the ability to:

- 
- Side lateral freestyle kick with a board
  - 25m freestyle with bilateral breathing
  - 25m backstroke with continuous arms
  - 25m survival backstroke
  - 12.5m breaststroke
  - Butterfly kicking motion
  - Introduction to butterfly arm motion
  - Ability to tread water for 60 seconds and recover to the wall
  - An intermediate knowledge of water safety

# PASSPORT TO #BEYOURBEST



## LONDON LEVEL FOUR

# MELBOURNE SPORTS CENTRES SWIM SCHOOL

STUDENT NAME

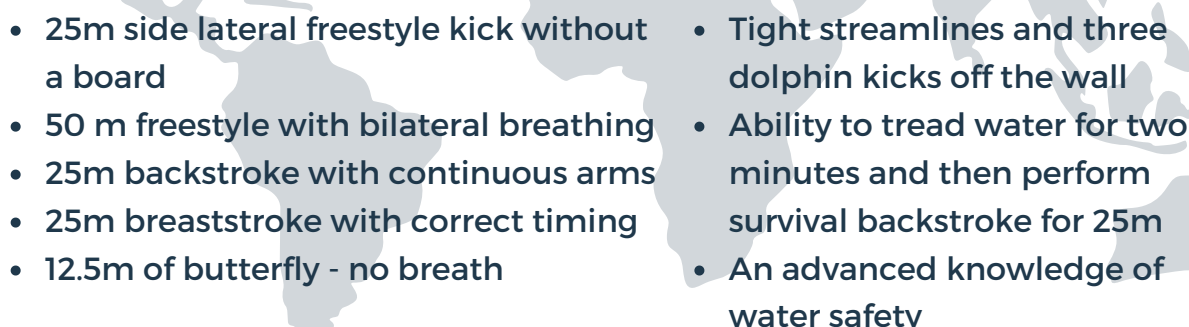
DATE

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## ON MAKING IT TO LOS ANGELES

On your way to Los Angeles, you demonstrated the ability to:

- 
- 25m side lateral freestyle kick without a board
  - 50 m freestyle with bilateral breathing
  - 25m backstroke with continuous arms
  - 25m breaststroke with correct timing
  - 12.5m of butterfly - no breath
  - Tight streamlines and three dolphin kicks off the wall
  - Ability to tread water for two minutes and then perform survival backstroke for 25m
  - An advanced knowledge of water safety

# PASSPORT TO #BEYOURBEST



# MELBOURNE SPORTS CENTRES SWIM SCHOOL

STUDENT NAME

DATE

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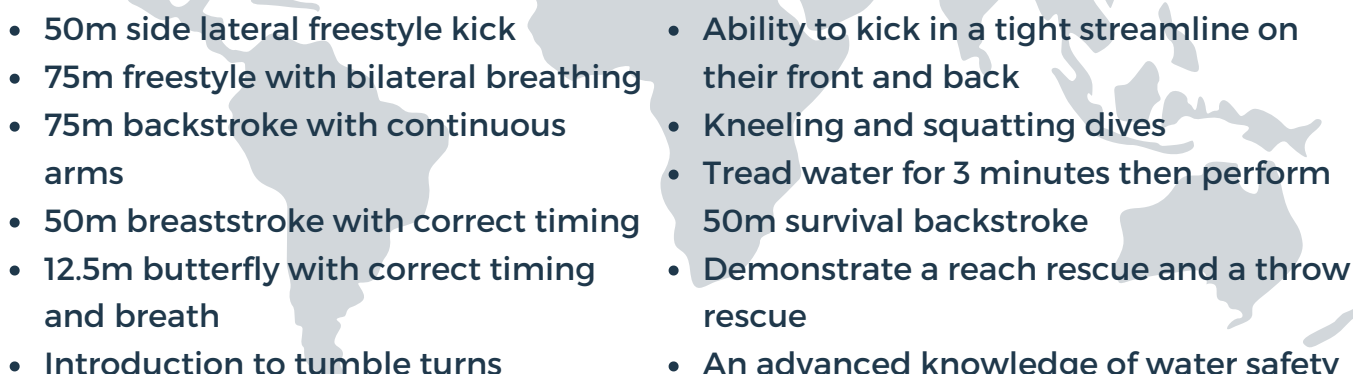


# MELBOURNE SPORTS CENTRES

# CONGRATULATIONS

## ON MAKING IT TO RIO DE JANEIRO

On your way to Rio De Janerio, you demonstrated the ability to:

- 
- 50m side lateral freestyle kick
  - 75m freestyle with bilateral breathing
  - 75m backstroke with continuous arms
  - 50m breaststroke with correct timing
  - 12.5m butterfly with correct timing and breath
  - Introduction to tumble turns
  - Ability to kick in a tight streamline on their front and back
  - Kneeling and squatting dives
  - Tread water for 3 minutes then perform 50m survival backstroke
  - Demonstrate a reach rescue and a throw rescue
  - An advanced knowledge of water safety

# PASSPORT TO #BEYOURBEST



## RIO DE JANEIRO LEVEL SIX

# MELBOURNE SPORTS CENTRES SWIM SCHOOL

STUDENT NAME

DATE



<<<<<<<< MELBOURNE SPORTS CENTRES >>>><<<< LEARN TO SWIM>>>>  
>>>>>>>>>><<<<<<<<<LEVEL SIX>>>><<<<RIO DE JANEIRO>>>><<<<>>>>>>



# ON MAKING IT TO ATLANTA

- 75m side lateral freestyle kick without a board
- 100m bilateral breathing freestyle with tumble turns & three dolphin kicks of each wall
- 100m backstroke continuous arms with tumble turns & three dolphin kicks off each wall
- 75m breaststroke with correct timing and turns

- 25m butterfly with correct timing
- Standing dive
- Ability to tread water for 5 minutes and then perform survival backstroke for 75m
- Perform a reach rescue and a throw rescue
- 200m of continuous swimming (mixed strokes)
- Advanced knowledge of water safety

## A circular logo with a red border. Inside, a stylized city skyline is depicted. The central element is a tall, thin building with a sign that reads 'FOX' in white capital letters. To the left and right of this central building are other buildings of varying heights and widths, some with small blue windows. The background is a solid red color, and there are several large, stylized orange and yellow clouds scattered across the sky. The overall style is graphic and modern.

# MELBOURNE SPORTS CENTRES SWIM SCHOOL

STUDENT NAME

DATE \_\_\_\_\_

[illegible]





# MELBOURNE SPORTS CENTRES

# CONGRATULATIONS

## ON MAKING IT TO MELBOURNE

On your way to Melbourne, you demonstrated the ability to:

- 
- Freestyle build endurance while maintaining correct technique
  - Backstroke build endurance while maintaining correct technique
  - Breaststroke develop technique and timing from P5
  - Butterfly rhythmic timing with arms, legs, and breathing
  - Knowledge of medley order and ability to change strokes every 25 meters
  - Advanced tumble turns and touch turns for all strokes
  - Dive from a raised surface (min depth 1.8m) with streamline and swim 25 meters
  - Increase conditioning and training sessions twice per week

# PASSPORT TO #BEYOURBEST



**MELBOURNE  
LEVEL EIGHT**

# MELBOURNE SPORTS CENTRES SWIM SCHOOL

STUDENT NAME

DATE




<<<<<<<<<< MELBOURNE SPORTS CENTRES >>>>><<<< LEARN TO SWIM>>>>>  
>>>>>>>>>>>><<<<<<<<<<LEVEL EIGHT>>>>><<<<<MELBOURNE>>>>><<<<<>>>>>>>>





## ON MAKING IT TO PRESCHOOL BRONZE

On your way to Bronze, you demonstrated the ability to:

- 
- Safe entry and exit
  - Ability to put eyes in the water
  - Comfortable whilst swimming without teacher assistance
  - Floating on back with teacher assistance
  - 5m kicking (with propulsion) using a noodle, on their front
  - 5m kicking (with propulsion) using a noodle, on their back

# PASSPORT TO #BEYOURBEST



# MELBOURNE SPORTS CENTRES SWIM SCHOOL

STUDENT NAME

DATE



<<<<<<<<<< MELBOURNE SPORTS CENTRES >>>>><<<<< LEARN TO SWIM>>>>>  
>>>>>>>>><<<<<<<<<LEVEL BRONZE>>>>><<<<<PRESCHOOL>>>>><<<<<>>>>>



**MELBOURNE  
SPORTS  
CENTRES**

# CONGRATULATIONS

ON MAKING IT TO  
**PRESCHOOL SILVER**

On your way to Silver, you demonstrated the ability to:

- Safe entry and exit
- Ability to put head under the water
- Comfortable whilst swimming without teacher assistance
- Floating on back with use of aid
- Floating on front with use of aid
- 5m kicking on front using a kick board
- 5m kicking on back using a kickboard
- Introduction to freestyle arms
- Ability to jump into deep water towards the teacher

## P A S S P O R T T O **#BEYOURBEST**



**PRESCHOOL  
LEVEL SILVER**

**MELBOURNE SPORTS CENTRES  
SWIM SCHOOL**

STUDENT NAME

DATE



<<<<<<<<<< MELBOURNE SPORTS CENTRES >>>><<<< LEARN TO SWIM>>>>>  
>>>>>>>>><<<<<<<<<<LEVEL SILVER>>>><<<<PRESCHOOL>>>><<<<<>>>>>>>>>>>



ON MAKING IT TO  
**PRESCHOOL GOLD**

- Safety entry and exit
- Ability to submerge head under the water and recover an object
- Push and glide on their front and back
- Floating on their front and back
- 5m torpedo/streamline arms with kicking

- 5m sculling hands and kicking on their back
- 5m freestyle arms without a board
- 5m backstroke without a board
- Ability to jump into deep water and swim back to the edge of the pool
- Introduction to lateral breathing during freestyle arms
- A basic knowledge of water safety

# PASSPORT TO #BEYOURBEST



# MELBOURNE SPORTS CENTRES SWIM SCHOOL

STUDENT NAME \_\_\_\_\_

DATE \_\_\_\_\_



<<<<<<<< MELBOURNE SPORTS CENTRES >>>><<<< LEARN TO SWIM>>>>  
>>>>>>>>>><<<<<<<<<LEVEL GOLD>>>><<<<PRESCHOOL>>>><<<<>>>>