**Swim Skills Level 4**
Aim: To improve the quality of stroke technique, introduce multi aquatic skills/disciplines and basic lifesaving skills

**Swim Skills Level 3**
Aim: To introduce more advanced stroke technique and achieve Triple S (Scotland Safer Swimmer)

**Swim Skills Level 2**
Aim: To increase the competency of the core aquatic skills and develop basic stroke technique

**Swim Skills Level 1**
Aim: To further develop water confidence and develop core aquatic skills (without adult assistance but with buoyancy aids as required)

**Club Ready**
Aim: To improve and maintain stroke technique over distance and develop basic training and race skills producing a swimmer who is Club Ready or ready for lifelong swimming.

**Bronze Standard:** Becoming Water Confident
Preschool and Swim Skills Level 1 are targeted at strengthening core aquatic skills and water confidence.

**Silver Standard:** Developing a Safer Swimmer
Swim Skills Levels 2 and 3 are targeted at further developing core skills and traditional stroke technique with the aim of achieving Triple S (Scotland Safer Swimmer).

**Gold Standard:** Achieving Aquatic Competence
Swim Skills Levels 4 and Club Ready are targeted at further improving stroke technique and introducing a multi aquatic approach.

**PROGRESSION CHART**
Aim:
- To introduce the adult and baby to a swimming environment and develop the confidence and skills of the adult to ensure the safe and effective handling of the baby in the water.

**Aim:**
- To encourage independent movement and develop the water confidence and core aquatic skills of the toddler through structured play.

**Aim:**
- To further develop the core aquatic skills through structured play and develop the independence necessary for the next level (without an adult in the water).

**Aim:**
- To become water confident and develop core aquatic skills (without adult assistance but with buoyancy aids as required).

**Aim:**
- To introduce basic Water Polo technique and ball handling skills.

**Aim:**
- To introduce basic synchro technique, develop from the Core Aquatic Skills and stroke technique. To highlight the pleasure and shared enjoyment from training in pairs or small groups, from creative work and from working to music that synchro/nested swimming offers.

**Aim:**
- To join a diving club and compete in Scottish Swimming level events around Scotland.

**Aim:**
- To introduce children to Rookie Lifeguard which explores water safety and alternative aquatic play.

**Fife sports and leisure trust**
Be active • feel great