

Swimstars :

Blue (Beginners):

- Rocket with flutterkick and breaststroke arms ~6m
- The Boat (flutterkick on the back) ~6m
- Jump : a candle + dive to the pool edge
- dive ~1m depth

Black (Advanced Beginners):

- Rocket with flutterkick an breaststroke arms ~12m
- Backstroke ~12m
- Crawl Catch up hands without regular breathing ~12m
- Breaststroke legs
- Basics of a header + dive about 3m length

Red (Intermediates):

- 2 laps Backstroke
- 2 laps Breaststroke
- 2 laps Crawl
- Header + diving 5m length
- 1 lap Butterflylegs

Gold (Experts):

- 8 laps Backstroke + 1 flip turn
- 8 laps Breaststroke
- 12 laps crawl + 2 flip turns
- 1 lap butterfly
- Race dive + dive half a lap