

TORPEDO SKILLS PROGRESSION CHART

Torpedo Aqua-Sailor Program (Level 1)

Approximately 4-6 months to completion

SKILL 1	Front & Back Glide (5M)
SKILL 2	Front & Back Float (5 Sec)
SKILL 3	Submerge & Blow Bubbles
SKILL 4	10M- Backstroke
SKILL 5	20M- Frontcrawl
SKILL 6	Correctly fit a PFD with clothes, Jump in water & Exit from wall
SKILL 7	Safety Knowledge (Theory)

Torpedo Aqua-Sailor Program (Level 2)

Approximately 4-6 months to completion

SKILL 1	Step in entry
SKILL 2	Recover object from shallow water (0.9-1.2M Depth)
SKILL 3	Sculling and treading water for 1 Min
SKILL 4	15M- Breaststroke
SKILL 5	25M Frontcrawl, 25M Backstroke
SKILL 6	15M- Swim with clothes, Scull & Float for 1Min
SKILL 7	Wear PFD, Jump in water, Swim 25M and Exit from wall, Safety Knowledge (Theory)

Torpedo Aqua-Sailor Program (Level 3)

Approximately 4-6 months to completion

SKILL 1	Straddle jump
SKILL 2	Swim through 2 hoops/ 2M apart (Using Flutter Kicks)
SKILL 3	Sculling and treading water for 2 Min
SKILL 4	15M- Survival Backstroke
SKILL 5	25M Frontcrawl, 25M Breaststroke, 25M Backstroke
SKILL 6	Swim 25M with clothes to a PFD and correctly fit it in water
SKILL 7	Understanding principle of rescue, self-preservation- Safety Knowledge (Theory)

Torpedo Aqua-Submarine Program (Level 1- Aligned to Swimsafer Bronze Skills) Approximately 4-8 months to completion

SKILL 1	Perform a Compact jump, then a Front Somersault in water
SKILL 2	Feet first surface dive & swim through 2 hoops/ 2M apart (Using Breaststroke)
SKILL 3	Treading water for 3 Min
SKILL 4	25M- Frontcrawl, 25M Breaststroke, 25M Backstroke, 25M Survival Back, 15M Sidestroke
SKILL 5	Wear clothes, Swim 3 Min changing stroke alternately at every 25M mark
SKILL 6	Continue from skill 5- Wave for help, swim to a floatation aid and swim back
SKILL 7	Throw a flotation aid 2M to partner and instruct to recover back, Safety Knowledge (Theory)

Torpedo Aqua-Submarine Program (Level 2- Aligned to Swimsafer Silver Skills) Approximately 4-8 months to completion

SKILL 1	Perform a Crouching dive, then a Back Somersault in water
SKILL 2	Feet first surface dive & swim through 2 hoops/ 3M apart (Using Breaststroke)
SKILL 3	15M- Dolphin Kicks
SKILL 4	50M Frontcrawl, 50M Breaststroke, 50M Backstroke, 50M Survival Back, 25M Sidestroke
SKILL 5	Wear long shirt & pants- Swim 45M Frontcrawl, wave for help, wear a PFD treading water
SKILL 6	Continue from skill 5- Execute H.E.L.P technique with PFD and Swim 25M back
SKILL 7	Throw a flotation aid 3M to partner and instruct to recover back, Safety Knowledge (Theory)

Torpedo Aqua-Submarine Program (Level 3- Aligned to Swimsafer Gold Skills) Approximately 4-8 months to completion

SKILL 1	Perform a Standing dive
SKILL 2	20M- Butterfly
SKILL 3	100M Frontcrawl, 100M Breaststroke, 100M Backstroke, 100M Survival Back, 50M Sidestroke
SKILL 4	Wear long shirt & pants- Head 1 st dive, Swim through hoops/ 5M apart, 45M Frontcrawl
SKILL 5	Continue from skill 4- 50M Breaststroke, Remove pants, Tread water 5min making float
SKILL 6	Continue from skill 5- Execute H.E.L.P technique with self-made float and Swim 25M
SKILL 7	Safety Knowledge (Theory)

***Note: All survival skills must be performed without goggles**