



Swim School Program

Level Progression pathway



INFANTS

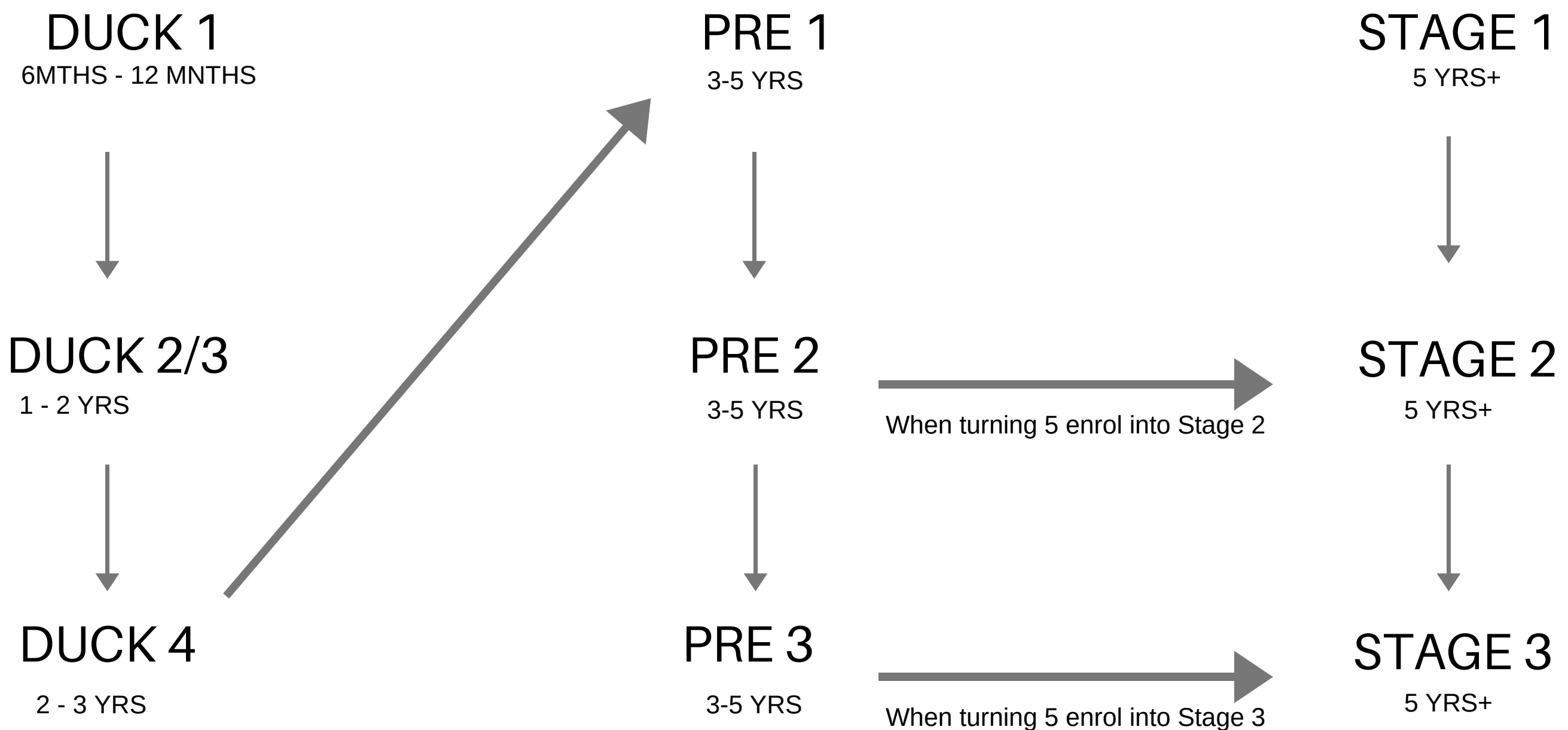
6 MONTHS - 3 YRS

PRESCHOOL

3 - 5YRS

PRIMARY

5YRS +



PRIMARY cont

5YRS + LEVEL REQUIREMENTS TO ENROL BELOW:

STAGE 4

- COMPETENT IN FREESTYLE BREATHING
- FREESTYLE DISTANCE OF 10M

STAGE 5

- ACHIEVED 15M FREESTYLE
- BACKSTROKE & SURVIVAL BACKSTROKE 10M

STAGE 6

- ACHIEVED 25M FREESTYLE
- BREASTSTROKE 15M SYMMETRICAL LEG ACTION

STAGE 7

- ACHIEVED 50M FREESTYLE
- BREASTSTROKE CORRECT TECHNIQUE

STAGE 8

- COMPETENT IN 150M CONTINUOUS SWIM

STAGE 9

- COMPETENT IN 200M CONTINUOUS SWIM
- ACHIEVED SIDESTROKE 25M

SQUADS - BEGINNER

- ACHIEVED 300M CONTINUOUS SWIM

SQUADS - ADVANCED

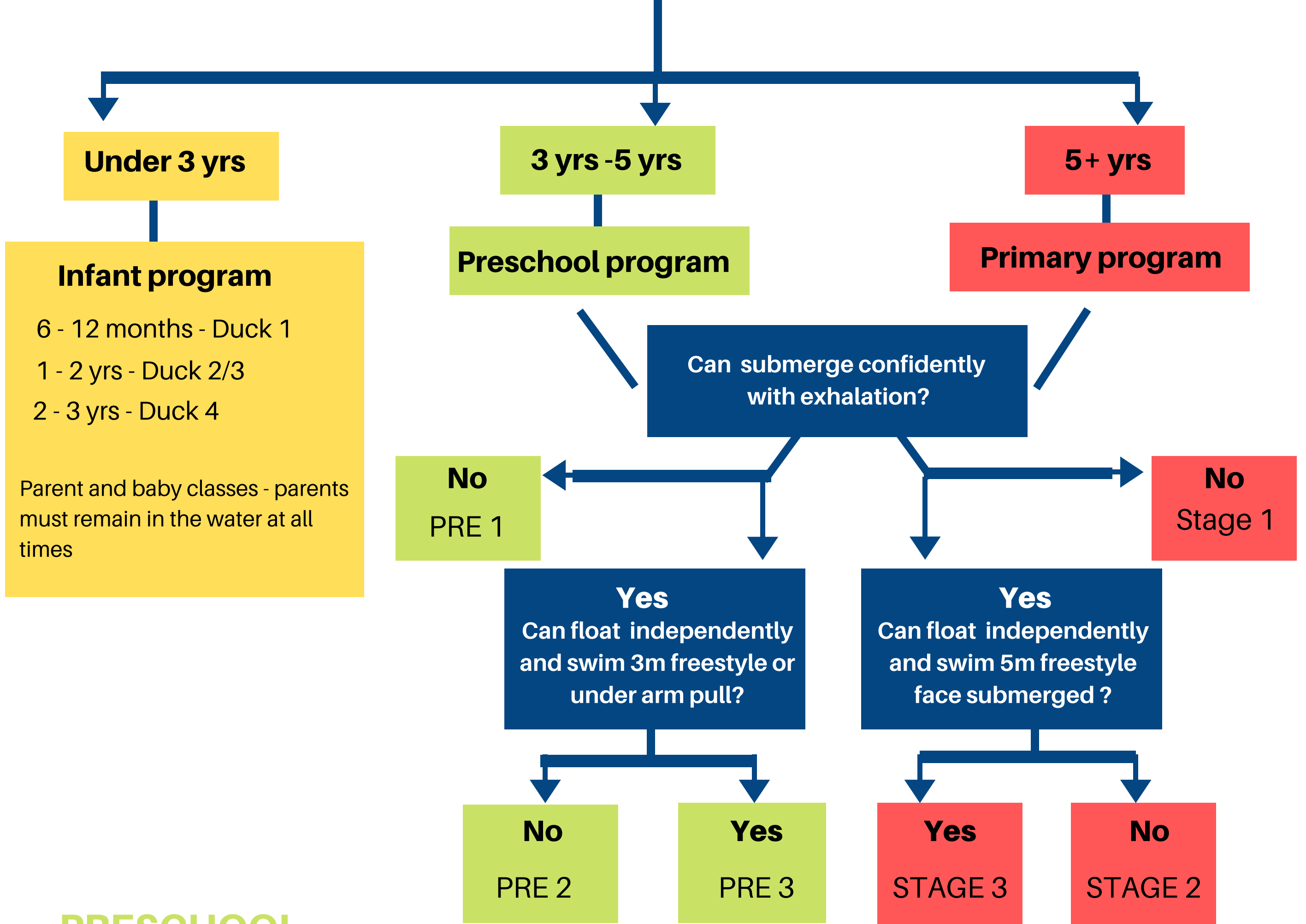
- ACHIEVED 500M CONTINUOUS SWIM

What swimming level is my child?

A guide for parents of children aged 6 months to 5 years.



How old is your child?



PRESCHOOL

PRE 1

- 3- 5 yrs
- Beginners
- Building water confidence
- focus on kicking, floatation and face submerged

PRE 2

- 3- 5 yrs
- Can float with assistance on front and back
- Learn back to front roll
- Focus on under arm pull/ basic freestyle

PRE 3

- 3- 5 yrs
- Can float, roll, torpedo independently
- Introduction to side breathing
- Learn breaststroke leg action
- Survival clothes swim

PRIMARY

STAGE 1

- 5yrs+
- Beginners
- Building water confidence
- focus on kicking, floatation and face submerged

STAGE 2

- 5yrs+
- Can float with assistance on front and back
- Learn to kick on back
- Focus on basic freestyle (6 consecutive cycles)

STAGE 3

- 5yrs+
- Can float independently
- Can kick on back
- Focus on freestyle breathing
- Focus on breaststroke leg action