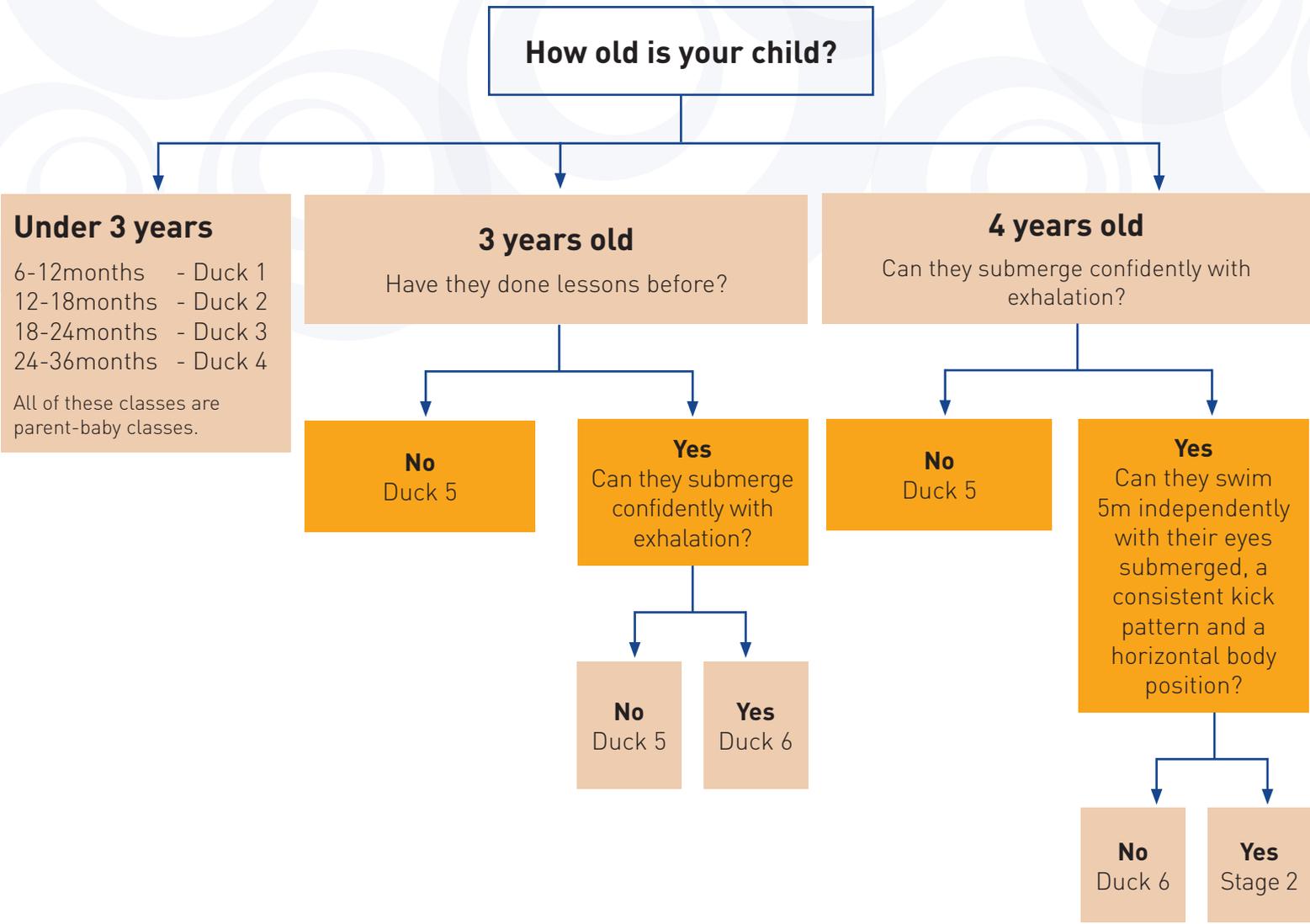


What swimming level is my child?

A guide for parents of children aged 6 months to 4 years



Duck 5

Child works in the class with parent providing out of water supervision. Focus is on confidence, submersion with exhalation and kicking with a floatation aid.

Duck 6

Child works in the class with parent providing out of water supervision. Focus is on a consistent kick pattern and a 5m independent swim with eyes submerged and exhaling.

Stage 2

Focus is on basic freestyle stroke technique to achieve 6 consecutive cycles of freestyle arms clearing the water. Will also work towards a 5m independent back torpedo.

What swimming level is my child?

A guide for parents of children aged 5 years and over

Can your child swim 5m independently with their eyes on the floor?

No
Stage 1

Yes

Can your child do 6 cycles of freestyle arms with a consistent kick pattern and arms clearing the water? Can they kick on their back independently for 5m?

No
Stage 2

Yes

Is your child able to breath to their shoulder while doing their freestyle? Are they able to do it consistently with a horizontal body position? Can your child demonstrate backstroke clearing their arms and holding their body on the surface of the water?

No
Stage 3

Yes

Please book your child in for an assessment by speaking to one of the Customer Service Officers at the front desk or by calling the centre on 9385 8767

Stage 1

For children 5 years and over with minimal swimming experience. Child works to develop basic water confidence. Focus is on kicking with a flotation aid and with face submerged.

Stage 2

Focus is on basic freestyle stroke technique to achieve 6 consecutive cycles of freestyle arms clearing the water. Will also work towards a 5m independent back torpedo.

Stage 3

Stage 3 is one of the most difficult stages to pass. Focus is on breathing to the shoulder in a regular pattern during freestyle and ensuring a horizontal body position is maintained as they turn their head.