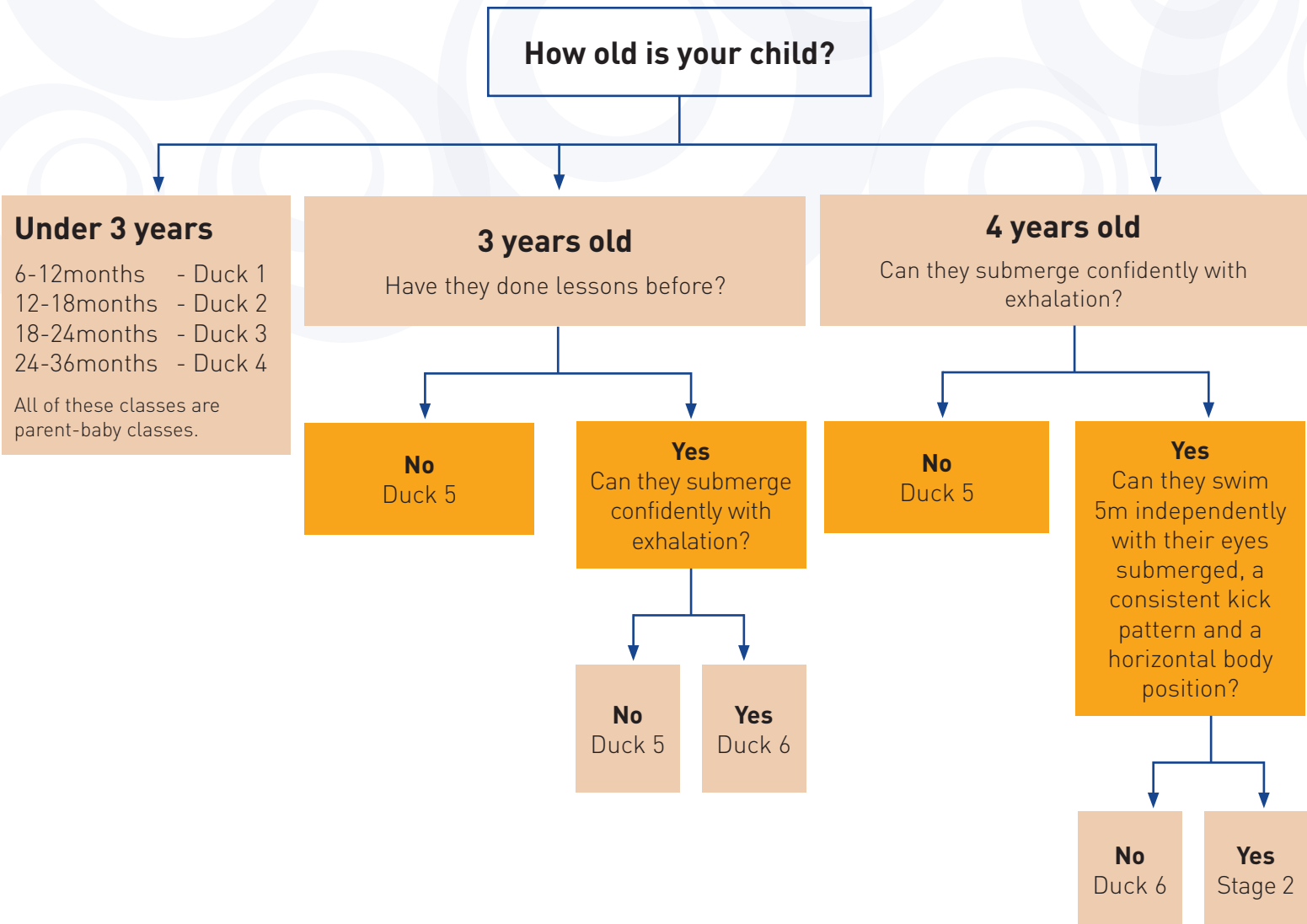


# What swimming level is my child?

## 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.