



3 1/2 YRS & UNDER

KINA



4 - 12 Months

- Familiar with holds
- Practice safe entry & exits
- Familiar with lesson content
- Intro to submersion
- Intro to front & back float
- Intro to monkey crawl
- Knowledge on water safety skills

STARFISH



1 - 2 Years

- Entry & exit safely
- Using correct holds
- Monkey crawl independently
- Submerge
- Confident using toys & aids
- Front float - Digging arms & kicking
- Supported back float
- Water safety skills

FROG



2 - 3.5 Years

- Safe entry & exit unassisted
- Mastered correct holds
- Confident using toys & aids
- Submerge
- Front float/kick to side of pool
- Doggy paddle
- Mastered monkey crawl
- Water safety skills
- Supported back float

UNDER 5 YRS

TURTLE



- Safe entry & exit
- Water orientation
- Submerge
- Unassisted front float
- Assisted back float

OCTOPUS



- Safe entry & exit
- Unassisted front float
- Assisted back float
- Front glide/kicking
- Rotation
- Deep water safety U-turn

STINGRAY



- Front & back float unassisted
- Streamline kick front
- Back kick unassisted
- Underwater swim
- Intro to freestyle arms
- Rotation
- Deep water safety U-turn

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**LEARN
 2 SWIM
 PROGRAMME**

SEAL



- Safe entry & exit
- Water orientation
- Unassisted front float
- Assisted back float
- Submerge
- Water safety skills

HECTOR



- 4-6m Streamline front kick
- Unassisted back float
- 4-6m Back kick
- Underwater dolphin kick
- Rotation
- Water safety skills

DUSKY



- 6m Streamline front kick
- 6m Freestyle arm action
- 6m Back kick
- 6m Backstroke arm action
- Intro breaststroke legs
- Flips to regain feet
- Rotation
- Sitting dives

SPINNER



- 12m Freestyle with breathing
- 12m Backstroke
- Breaststroke leg action
- Breaststroke arm action
- Flips to regain feet
- Kneeling dives

BOTTLENOSE



- 17m Freestyle
- 17m Backstroke
- Develop full Breaststroke
- Intro to tumble turns
- Intro to dives
- Intro to 25m pool

SHARK



- 25m Controlled freestyle
- 25m Backstroke
- Developing full Breaststroke
- Develop tumble turns
- Diving
- Dolphin kick with pull to breathe

ORCA



- 50m Freestyle
- 50m Backstroke
- Mastered Breaststroke
- Tumble turns Freestyle & Backstroke
- Diving
- Mastered dolphin kick

100 METRES



- 100m Freestyle
- 100m Backstroke
- 50-100m Breaststroke
- Freestyle/Backstroke tumble turns
- Intro to block diving
- Intro to Butterfly

200 METRES



- 200m Freestyle
- 100m Backstroke
- 100m Breaststroke
- Mastered tumble turns
- Intro to track start off blocks
- Develop Butterfly