

LEARN TO SWIM | LEVELS



BABIES 6-15 months

Parent/carer must be in water

Beginner to water
Water familiarisation | Mobility |
Floating | Water safety | Survival skills |
Education | Songs & Fun



LEVEL 1 13 months - 2.5 years

Parent/carer must be in water

Beginner to water
Water familiarisation | Mobility |
Floating | Water safety | Survival
Skills | Education | Songs & Fun |
Separation from parent/carer (prep
for level 2)



LEVEL 2 from 2.5 years

Parent/carer not in water, but may be asked to sit on edge to assist

New to lessons | Non swimmer but
will happily attempt swimming
activities with teacher assistance |
Can be independent from parent/
carer | Can wait independently on
step/platform



LEVEL 3

Comfortable to fully submerge face
and put eyes in water | Comfortable
to paddle and in with assistance and
independently | Happy to float on back

LEVEL 4

Swims 3-4 metres independently
(doggie paddle/freestyle) | Strong kick
on front and back | Basic Freestyle
(using arms that lift out of water) | Can
tread water assisted



LEVEL 5

Basic freestyle on board (with side
breathing every 3 arms) | Independent
freestyle swim 5-12 metres | Strong
kick on front and back | Basic back
skull and backstroke | Breaststroke
kick with board



LEVEL 6

Independent freestyle swim 12m (with
side breathing every 3 arms) | Back
skull 12m | Backstroke 12m
Breaststroke kick with board

LEVEL 7

Freestyle with side breathing 15m
| Strong streamline kick on front
and back 15m | Backstroke 15m |
Breaststroke kick with board |
Dolphin kick

LEVEL 8

Freestyle 20m | Backstroke 20m |
Breaststroke 20m | Dolphin kick |
Butterfly Arms | Tumble Turns
(basic steps)

MINI SQUAD

Freestyle 25m | Backstroke 25m |
Breaststroke 25m | Butterfly (basic) |
Tumble Turns