



# Learn to Swim

## Over 5 Levels

**Learn to Swim staff will work with families throughout the enrolment process to determine the appropriate level for each child based on their previous swimming experience**

### 1. Seahorse

- Safe entry and exit
- Open eyes under water
- Exhale in water
- Float (assisted) 5m
- Submerge
- Glide forward and recover
- Monkey grip to platform
- Seahorse Safety Scenario

### 2. Squids

- Swim 5m freestyle
- Swim 5m backstroke
- Glide forward and kick 5m
- Glide backwards and kick 5m
- Kneeling dive (assisted)
- Jump from edge (assisted)
- Demonstrate sculling hand action
- Squid Safety Scenario

### 3. Crabs

- Swim 8m freestyle
- Swim 8m backstroke
- Glide forward and kick 10m
- Glide backwards and kick 10m
- Perform breaststroke kick on back
- Kneeling dive
- Swim in deep water (assisted)
- Crabs Safety Scenario

### 4. Turtles

- Swim 15m freestyle
- Swim 15m backstroke
- Kick on front 15m
- Kick on back 15m
- Swim 10m survival backstroke
- Perform breaststroke kick on front
- Standing dive
- Turtles Safety Scenario

### 5. Stingrays

- Swim 25m freestyle
- Swim 25m backstroke
- Swim 15m breaststroke
- Swim 25m survival backstroke
- Demonstrate body dolphin
- Complete a forward roll
- Demonstrate a compact jump
- Stingray Safety Scenario

### 6. Dolphins

- Swim 50m freestyle
- Swim 50m backstroke
- Swim 25m breaststroke
- Swim 50m survival backstroke
- Perform a tumble turn
- Tread water for 60 seconds
- Perform body dolphin
- Dolphins Safety Scenario

### 7. Sharks

- Swim 75m freestyle
- Swim 75m backstroke
- Swim 50m breaststroke
- Swim 75m survival backstroke
- Perform a freestyle turn
- Demonstrate front scull
- Shark Safety Scenario

To register for Learn to Swim visit our website.