

# INFANTS PROGRAM

## Waterbabies Play

**For children 3-6 months**

- Familiarisation with the environment and comfort in water
- Introduction to correct holding techniques
- Introduction to breath control and correct submersion techniques
- Continued development of natural buoyancy

## Waterbabies Bronze

**For children 6 months to 1 year**

- Water familiarisation
- Gaining a sense of buoyancy and movement
- Experience in holds & body positions
- Tolerate water around face, mouth and chin

## Waterbabies Silver

**For children 1 to 2 years**

- Explore more independent water play
- Submerging of the face
- Introduction to breath control
- Socialisation with peers
- Introduction to routines that promote awareness of safe practices in the pool environment

## Waterbabies Gold

**For children 2 to 3 years**

- Greater independence in aquatic skills
- Safe entry and exits
- Moving towards independent propulsion
- Breath control
- Development of arm and leg movements (doggy paddle)
- Routines and skills that encourage safe practices in the water environment



# PRESCHOOL PROGRAM

## Preschool Bronze

**For children 3 years + as a transition class between infants & independent**

- Comfortable swimming without teacher assistance
- Learning to kick (with propulsion) using a noodle on their front and back
- Safe entries and exits
- Putting eyes in the water
- Floating on back

## Preschool Silver

**For children 4-5 years old that are transitioning from a noodle to a board.**

- Comfortable swimming without teacher assistance
- Learning to kick (with propulsion) using a board on their front and back
- Safe entries and exits
- Putting head under the water
- Floating on back and front

## Preschool Gold

**For children 4-5 years old that are transitioning between a board to independent swimming.**

- Swimming on front and back independently for 5 metres front and back
- Learning basic freestyle and backstroke
- Learning to submerge body under the water to retrieve items
- Introduction to water safety



# SCHOOL AGE PROGRAM

## Level One Athens

**Equivalent to Preschool  
Gold but for children 5  
years +  
(at full-time school)**

- Swimming independently for 5 metres front and back
- Learning basic freestyle and backstroke
- Learning to submerge body under the water to retrieve items
- Introduction to water safety

## Level Two Beijing

**Swims in the multipurpose  
pool but for 10 metres**

- Swimming independently for 10 metres front and back
- Learning freestyle with side breathing and backstroke
- Learning survival backstroke legs
- Learning to submerge body under waist deep water to retrieve items
- Basic knowledge of water safety



# SCHOOL AGE PROGRAM

## Level Three Tokyo

**First level in 25 metre pool**

- Swimming for 12.5 metres front and back
- Learning freestyle with bilateral breathing and backstroke with continuous arms
- Learning survival backstroke
- Learning breaststroke kick
- Intermediate knowledge of water safety

## Level Four London

**First level to swim the full 25 metres**

- Refining their freestyle with bilateral breathing and backstroke with continuous arms
- Survival backstroke
- Learning breaststroke
- Introduction to butterfly
- Intermediate knowledge of water safety

## Level Five LA

**Last level in 25 metre pool**

- 50 metres freestyle with bilateral breathing and backstroke with continuous arms
- Survival backstroke
- Learning breaststroke with correct timing
- Learning basic butterfly (no breath)
- Advanced knowledge of water safety

# ADULT PROGRAM

## Adult Beginner

**This level runs for 30 minutes**

- Swimming for 12.5 metres front and back
- Learning freestyle with bilateral breathing and backstroke with continuous arms
- Learning survival backstroke
- Learning breaststroke kick
- Intermediate knowledge of water safety

## Adult Intermediate

**This level runs for 45 minutes**

- 50 metres freestyle with bilateral breathing and backstroke with continuous arms
- Survival backstroke
- Learning breaststroke with correct timing
- Learning basic butterfly (no breath)
- Advanced knowledge of water safety

## Adult Advanced

**This level runs for 1 hour is taught in the diving pool**

- 100 metres of bilateral breathing freestyle and continuous arms backstroke
- 100 metres of breaststroke with correct timing
- 25 metres of butterfly with correct timing
- Standing dives
- Refining tumble turns, starts and finishes
- An advanced knowledge of water safety (including throw and reach rescues)

# PATHWAY PROGRAM

## Level Six Rio

**This level runs for 1 hour is taught in the diving pool**

- 75 metres of bilateral breathing freestyle and continuous arms backstroke
- Breaststroke with correct timing
- Learning butterfly with correct timing
- Kneeling and squatting dives
- Introduction to tumble turns
- An advanced knowledge of water safety (including throw and reach rescues)

## Level Seven Atlanta

**This level runs for 1 hour is taught in the diving pool**

- 100 metres of bilateral breathing freestyle and continuous arms backstroke
- 100 metres of breaststroke with correct timing
- 25 metres of butterfly with correct timing
- Standing dives
- Refining tumble turns, starts and finishes
- An advanced knowledge of water safety (including throw and reach rescues)

## Level Eight Melbourne

**This level runs over 2 sessions a week, 1 hour per session and is taught in the dive pool**

- Build freestyle and backstroke endurance while maintaining correct technique
- Develop breaststroke technique and timing
- Butterfly rhythmic timing with arms, legs, and breathing
- Knowledge of medley order and ability to change strokes every 25m
- Advanced tumble turns and touch turns for all strokes
- Dive from a raised service with streamline and swim 25m