

INFANTS PROGRAM

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

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 Melbourne

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

- 100 metres of bilateral breathing freestyle and continuous arms backstroke
- 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)