



Group Levels 2019

STARFISH 6 months - 18 months	SEALS 18 months - 2 years	DOLPHIN 2 years - 3	SEAHORSE - TRANSITION 3 - 5
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PRE-SCHOOL (3 ½ to 5 Years) 3 per group			
GOLDFISH (Transition Class)	CLOWNFISH	ANGELFISH	PUFFERFISH
GOALS: Walk confidently through water Submerging blow bubbles for 5 seconds Assisted float front with equipment Assisted back float with equipment Pick up sinkies with help	GOALS: Unassisted front and back and mushroom float Unassisted gliding front and back Picking up sinkies from varying depths with help Water safety - standing up from a float, being able to roll from a front float to a back float	GOALS: Float and glide on our front and back unassisted Front kick in streamline for 6 metres Back kick in streamline for 6 metres Breast stroke kick with a board Water safety - on side of pool falling in and back float for 10 seconds	GOALS: Basic freestyle arm action with a strong kick Basic backstroke arm action with a strong kick Breast stroke arm action with a strong kick Sitting dives Water Safety - basic survival skills

AFTER-SCHOOL (learner's pool) 5+ years				
OTTER - 3 - 4 per class	SUNFISH - 4 per class	SNAPPER - 5 per class	OCTOPUS - 5 per class	CROCODILE - 5 per class
GOALS: Walk confidently through water Submerging blow bubbles for 5 seconds Assisted float front with equipment Assisted back float with equipment Pick up sinkies with help	GOALS: Front float unaided Back float unaided Front glide in streamline unaided Back glide - hands by sides - unaided Basic Water Safety skills	To be a snapper you must have achieved both otter and sunfish certificates that run under the Otter banner GOALS: Float and glide front and back Streamline kick on front 6m Streamline kick on back 6m Breast stroke kick with a board	Runs under snapper banner GOALS: Basic freestyle with strong kick 6m Basic backstroke with strong kick 6m Basic Breast stroke with strong kick 6m Sitting dives Water Safety skill	GOALS: Freestyle with breathing 15m - prefer bilateral Back stroke 15m Breast stroke 15m Forward flips - beginning of tumble turns Water safety skills - survival strokes



BARRACUDA – 6 per class	STINGRAY – Lane Pool Beginners – 8 per class	SWORDFISH – 8 per class	ORCAS – mini squad – 45 min – 60 min
<p>GOALS</p> <p>25 metres freestyle with correct technique</p> <p>25 metres backstroke with correct technique</p> <p>25 metres breast stroke with correct technique</p> <p>10 m fly kick with a breaststroke pull</p> <p>Starts Turns and Finishes – all strokes</p> <p>Water safety skills – survival strokes</p>	<p>GOALS:</p> <p>50 metres Freestyle</p> <p>50 metres Backstroke</p> <p>50 metres Breaststroke with correct timing</p> <p>Correct starts and finishes all strokes</p> <p>25 metres Dolphin Kick – no fins</p> <p>10 metres Fly no fins</p> <p>Introduction into diving</p> <p>Survival skills</p>	<p>GOALS:</p> <p>200 metres Freestyle</p> <p>200 metres Backstroke</p> <p>200 metres Breaststroke</p> <p>25 / 50 metres Fly with fins</p> <p>100 metres IM</p> <p>Correct starts / turns / finishes all strokes</p> <p>Water safety skills – survival strokes</p>	<p>GOALS:</p> <p>300 metres Freestyle</p> <p>300 metres Backstroke</p> <p>300 metres Breaststroke</p> <p>100 metres Fly with fins</p> <p>25 / 50 fly no fins</p> <p>100 metres IM</p> <p>Correct starts / turns / finishes all strokes</p> <p>Water safety skills – survival strokes</p>

Please note our new levels.

- Children swim under the Otter banner for both Otter and Sunfish level.
- Children swim under the Snapper banner for both Snapper and Octopus.
- We did this to make levels more achievable and progress can be seen by parents and children alike.
 - Certificates are given out once the child has completed the goals they are working on.