



GROUP LEVELS AND ACHIEVEMENTS 2021

BUBS n ME (6 months to 3 ½ Years)

STARFISH (6 months – 18 months)

GOALS:

- Safe water entry and exit
- Water familiarisation with songs and games
- Lying on back with parent assistance
- Multiple holds
- Water safety skills

SEALS (18 months – 2 ½ years)

GOALS:

- Safe water entry and exit
- Water familiarisation with songs and games
- Submerging with parent assistance
- Jumping in with parent assistance
- Water safety skills

DOLPHIN (2 ½ years – 3 ½)

GOALS:

- Safe water entry and exit
- Submerging with parent assistance
- Kicking and floating with aides and parent assistance
- Jumping into water unaided by parent
- Water safety skills

SEAHORSE – Transition class (3 ½ - 5)

GOALS:

- Safe water entry and exit
- Submerging with parent assistance
- Kicking and floating with aides and parent assistance
- Jumping into water unaided by parent
- Water safety skills

PRE-SCHOOL (3 ½ to 5 Years) 4 per class

GOLDFISH (Transition Class)

GOALS:

- Safe water entry and exit
- Walk confidently through water
- Submerging blow bubbles for 5 seconds
- Pick up sinkies with help
- Assisted float front and back with equipment
- Assisted glides front and back
- Assisted kicking front and back
- Water safety skills – Humpty Dumpty

CLOWNFISH

GOALS:

- Safe water entry and exit
- Picking up sinkies from varying depths with help
- Unassisted floats front and back and mushroom float
- Unassisted gliding front and back
- Front and back kick in streamline position
- Water safety skills - Roll from a front float to a back float and sitting dives

SCHOOL-AGED Learners pool (5+ years)

OTTER – 4 per class

GOALS:

- Safe water entry and exit
- Walk confidently through water
- Submerging blow bubbles for 5 seconds
- Pick up sinkies with help
- Assisted float front and back with equipment
- Assisted glides front and back
- Assisted kicking front and back
- Water safety skills – Jump to teacher and Humpty Dumpty

SUNFISH – 5 per class

GOALS:

- Safe water entry and exit
- Unaided float – front and back
- Unaided glide in streamline position – front and back
- Streamline kick on front and back 6m
- Introduction to Freestyle arms
- Introduction to Backstroke arms
- Water safety skills - Roll from a front float to a back float and sitting dives

SNAPPER - 5 per class

GOALS:

- Safe water entry and exit
- Basic Freestyle with strong kick 6m
- Basic Backstroke with strong kick 6m
- Introduction to Freestyle breathing with aide
- Introduction to Breaststroke kick with a board
- Water safety skills – Survival backstroke and sitting dives

CROCODILE – 5 per class

GOALS:

- Safe water entry and exit
- Freestyle with breathing 15m – prefer bilateral
- Backstroke 15m
- Introduction to Breaststroke arms with strong kick
- Breaststroke kick with a board
- Forward flips - beginning of tumble turns
- Water safety skills - Survival strokes and squatting dives

SCHOOL-AGED Lane pool

BARRACUDA – 6 per class

GOALS:

- Safe water entry and exit
- 25 metres Freestyle with correct technique
- 25 metres Backstroke with correct technique
- 25 metres Breaststroke with correct technique
- 10m fly kick with a breaststroke pull
- Introduction to starts, turns and finishes – all strokes
- Introduction to diving
- Water safety skills – survival strokes

STINGRAY – 8 per class

GOALS:

- Safe water entry and exit
- 50 metres Freestyle
- 50 metres Backstroke
- 50 metres Breaststroke with correct timing
- Correct starts, turns and finishes - all strokes
- 25 metres Dolphin Kick - no fins
- 10 metres Fly no fins
- Diving development
- Water safety skills – survival strokes

SWORDFISH – (45 mins) 8 per class

GOALS:

- Safe water entry and exit
- 100 metres Freestyle
- 100 metres Backstroke
- 100 metres Breaststroke
- 25 metres Fly
- 100 metres IM
- Correct starts / turns / finishes all strokes
- Water safety skills – survival strokes

ADVANCED SWORDFISH – (45 mins)

GOALS:

- Safe water entry and exit
- 200 metres Freestyle
- 200 metres Backstroke
- 200 metres Breaststroke
- 50 Fly no fins
- 200 metres IM
- Correct starts / turns / finishes all strokes
- Water safety skills – survival strokes