Preschool

- Suitable for children aged three to five years.
- Children must be happy and independent in the water and able to take instruction from the teachers.
- Teachers are in the water for this class.
- Parents view the lessons from the viewing area.

Non-Swimmer 1

Must be four years of age and able to take instruction directly from the teacher. Non-Swimmer 1 classes on a weekend are for children aged three years upwards. Teachers are in the water for this class.

Skills taught in this ability:

- Safe entry/exit without the use of steps - unaided
- Jump into shallow water (0.9m minimum) with support if necessary
- Put face in the water for three seconds, blowing bubbles
- Completely submerge without goggles
- Move through the water on front – with two floats
- Move through the water on back – with two floats
- Swim ½ a width on front rollover to ½ a width on back – with a woggle
- Star float on front with assistance and face in the water
- Star float on back with assistance and ears in the water

Once all these skills have been completed the swimmer is ready for Non-Swimmer 2.

Non-Swimmer 2

Must have completed Non-Swimmer 1 or be at that standard. Teachers are generally in the water for this class, but they might decide to progress to teach from poolside depending upon the strength of the class.

Skills taught in this ability:

- Jump into shallow water (0.9m minimum) confidently and unaided
- Push and glide on front – hold glide for three seconds – regain standing position
- Push and glide on back – hold glide for three seconds – regain standing position
- Front paddle with face in the water – demonstrating lifting head to breathe – 1 width confidently
- Back paddle – 1 width confidently
- Swim ½ a width on front rollover to ½ a width on back – unaided
- 5metres Breaststroke type kick with two floats on the back
- Tuck float – hold for three seconds
- Submerge three times blowing bubbles without goggles – only one breath between submersions
Once all these skills have been completed the swimmer is ready for Swimmer 1.

**Swimmer 1**

Must have completed Non-Swimmer 2 or be at that standard. Teachers are generally on the side of the pool for this class, although they might decide to stay in the water depending upon the strength of the class.

**Skills taught in this ability:**
- Swim 10 metres front crawl confidently in deep water (1.8m minimum)
- Good front crawl leg kick for 5 metres – arms extended
- Swim 10 metres Back stroke confidently in deep water (1.8m minimum)
- Good backstroke leg kick for 5 metres – hands by side
- 5 metres Breaststroke leg kick with feet turned out on back – with two floats
- 5 metres Breaststroke showing use of arms and legs
- Demonstrate a dolphin type kick with hands by side
- Jump into deep water confidently and unaided (1.8m minimum) and tread water for 20 seconds
- Pick up an object from the bottom of the pool (minimum 0.9m) without goggles
- Star floats front and back and mushroom floats all in deep water (minimum 1.8m)

Once all the skills have been achieved the swimmer is ready for Swimmer 2

**Swimmer 2**

Must have completed Swimmer 1 or be at that standard. All skills from this ability up should be performed in a minimum depth of 1.8m, unless stated. Teachers are on the side of the pool for this class.

**Skills taught in this ability:**
- Swim 10 metres front crawl with arms recovering over the water
- Swim 10 metres back stroke with an over arm recovery and good body position
- 5 metres Breaststroke leg kick with feet turned out on front – with two floats
- Swim 5 metres Breaststroke with feet turned out and good coordination of arms and legs
- 5 metres dolphin type kick with hands by side
- 10 metres front crawl legs with one float demonstrating a good side breathing action
- Pencil jump into deep water without goggles
- Head first surface dive to retrieve an object from the bottom of the pool (minimum 1.4m) without goggles
- 5 metres head first sculling
- Jump into deep water and tread water for 30 seconds – 360 turn after 15 seconds

Once all these skills have been completed the swimmer is ready for Improver 1.
**Improver 1**

Must have completed Swimmer 2, or be at that standard. Teachers are on the side of the pool.

Skills taught in this ability:
- Swim 25 metres basic Front crawl with regular side breathing
- Swim 25 metres basic back stroke
- Swim 15 metres Breaststroke showing correct timing of breathing – not necessarily breathing every stroke
- 5 metres dolphin type leg kick on back
- Straddle entry without goggles
- Push and glide into a forward somersault
- Tread water for one minute
- 5 metres feet first sculling

Once all these skills have been completed the swimmer is ready for Improver 2.

**Improver 2**

Must have completed Improver 1, or be of that standard. Teachers are on the side of the pool.

Skills taught in this ability:
- Swim 50 metres Front crawl with good technique throughout
- Swim 50 metres Back stroke with good technique throughout
- Swim 25 metres Breaststroke with good breathing and timing
- Swim 10 metres basic Butterfly
- Crouch dive without goggles
- Straddle entry and tread water for one minute
- Tread water for 30 seconds demonstrating an eggbeater leg action
- Swim 5 metres Front crawl and somersault

Once all these skills have been completed the swimmer is ready for Advanced 1.

**Advanced 1**

Must have completed Improver 2, or be of that standard. Swimmers have the whole pool for this class, generally swimming in lanes.

Skills taught in this ability:
- Swim 200 metres Front crawl showing good technique throughout
- Swim 200 metres Back stroke showing good technique throughout
- Swim 200 metres Breaststroke showing good technique throughout
- Swim 20 metres Butterfly with good technique
- Perform a standing dive without goggles
- Perform a Front crawl tumble turn
- Perform a straddle entry and tread water for two minutes, moving in three different directions and using an eggbeater leg action
- Perform a reach rescue
- Perform a throw rescue

Once all these skills have been completed the swimmer is ready for Advanced 2.
Advanced 2

Must have completed Advanced 1, or be at that standard.

Skills taught in this ability:
- Developing swimming over longer distances
- Developing competitive starts
- Developing tumble turns
- Developing water polo
- Developing water safety