

School Age Swimming Level Guidelines

School Level 1	An introduction which encourages enjoyment in, on and under water as well as developing floating skills. Also introduces kicking for freestyle, breaststroke and dolphin kick.
School Level 2	An extension of floating skills, further development of freestyle kicking and introduction of backstroke kicking.
School Level 3	Development of breaststroke kick, continued development of freestyle and backstroke kicking and introduces freestyle arms.
School Level 4	This is for children who have perfect freestyle arms and co-ordinated kicking. This course introduces breathing techniques with freestyle and works on backstroke arm recovery.
School Level 5	This is for children who can swim basic freestyle over 5m. We are aiming at improving stroke and breathing skills with freestyle, backstroke and breaststroke over a distance of 15m, while developing the dolphin kick to 10m.
School Level 6	This is for children who can swim 15m freestyle, backstroke and breaststroke. This course introduces butterfly arm recovery and continues to work on techniques over the other strokes up to 25m.

Pre-school Swimming Level Guidelines

Pre-school 1	<p>This level is suitable for pre-schoolers that are new to swimming or have had limited experience in the water.</p> <p>Your child will be progressing towards:</p> <ul style="list-style-type: none"> • Submerging (5+ secs) • Gliding face in the water • Kicking on the front (with support) • Floating on the back (with support) • Emphasis on controlled/safe entry and exits
Pre-school 2	<p>The second pre-school level concentrates on developing core body position on the front and back and introduction to self propulsion.</p> <p>Your child will be progressing towards:</p> <ul style="list-style-type: none"> • Gliding (over 5m distance) • Floating on back (without aids 5+ secs) • Introduction to arm strokes (basic) • Introduction to breaststroke leg action (basic) • Controlled and safe entry and exits
Pre-school 3	<p>At level 3 your child will continue stroke development in freestyle and develop independent confidence on their backs.</p> <p>Your child will be progressing towards:</p> <ul style="list-style-type: none"> • Combine arms and legs (over 5m+ distance) • Kicking on backs (without aids 5m) • Developing breaststroke leg action (basic) • Introduction to dolphin dives (distance 5m)