

UNDER 5'S LEVEL GUIDE

ABALONE Goal: Confidence

- Safe independent pool entry & exit
- Wash the face by scooping the water
- Comfortable having water poured over head
- Walk forwards and backwards for 5m
- Submerge face with full exhalation of 5 secs
- Submerge head with full exhalation of 5 secs
- Blow bubbles, take 3 breaths comfortably
- Front float and recover with support
- Back float and recover with support
- Flutter kick with noodle with confidence
- Jump in deep water, fully submerge, and return to wall with support

BARNACLE Goal: Buoyancy + Movement

- Enter and exit the water safely, shallow and deep water
- Whole head submerged, take 3 breaths, exhaling comfortably
- Front float for 3 secs and recover with and without support
- Back float for 3 secs and recover with and without support
- Independent kangaroo jumps in own depth of water for 5m
- Front glide and recover with support
- Flutter kick with board, propulsive kick and recover
- Underwater pulling arms, flutter kick and recover with support shallow and deep water
- Survival sequence: Jump in deep water, return to wall independently

DOLPHIN Goal: Stroke introduction

- Push off from wall, glide on front 5m and recover
- Push off from wall, front glide and log roll to back and to front and recover
- Fully submerge with exhalation and pick up object from bottom of pool
- Front torpedo for 5m and recover with and without support
- Back torpedo for 5m and recover with and without board
- Straight arm freestyle with board for 5m and recover
- Breaststroke kick sitting on wall, symmetrical, hooked feet
- Wiggle worms 5m
- Survival sequence: Jump in deep water, back float, tuck, tread water and return to wall independently

CROCODILE Goal: Independence + Survival

- Back float for 5sec and recover with no support
- Rotate front float to a back float by tucking body and recover with no support
- Rotate back float to a front float by tucking body and recover no support
- Rotate front float to a back float by doing a log roll and recover no support
- Rotate back float to front float by doing a log roll and recover no support
- Independent kangaroo jumps in deep water with correct breathing pattern
- Glide on front 5m and recover with no board
- Front torpedo for 5m and recover with no board
- Attempt flutter kick on back with board for 5m and recover
- Flutter kick, underwater arm pulling arms, lift for breath shallow and deep water
- Sitting dive from wall in deep water
- Tread water for 10secs (eggbeater or symmetrical)
- Survival sequence: jump in deep water, back float, tuck and return to wall independently

EEL Goal: Stroke extension

- Straight arm freestyle with board (streamlined position, propulsive kick, face in exhaling comfortably) for 5m with support
- Independent straight arm freestyle (streamlined position, propulsive kick, face in exhaling comfortably) for 5m
- Straight arm backstroke with board (streamlined position, propulsive kick) for 5 m with support
- Independent straight arm backstroke (streamlined position, propulsive kick) for 5m
- Survival backstroke (symmetrical kick) for 10m with support
- Drop under water, push off wall, glide with streamlined position for 5m
- Dolphin dive
- Survival sequence: Jump in deep water, back float, tuck, tread water, back float, log roll onto front, tuck and return to wall independently