

OVER 5'S LEVEL GUIDE

OCTOPUS

Goal: Confidence + Movement

- Enter and exit the water safely and independently
- Wash the face by scooping the water
- Comfortable having water poured over head
- Walk forwards and backwards for 5m independently
- Submerge face with full exhalation of 5 secs
- Submerge head with full exhalation of 5 secs
- Front float and recover with support
- Front float and recover independently
- Back float and recover with support
- Push off from wall, glide on front, face down exhaling
- Flutter kick with and without board
- Flutter kick with and without board in deep water
- Flutter kick, underwater arm pulling in deep water
- Jump in deep water and return to wall with support

STARFISH

Goal: Independence

- Exhale with whole face in water
- Independent front float 5sec and recover
- Independent back float 5sec and recover
- Push off from wall, glide on front 5sec and recover
- Front torpedo with and without board for 5m and recover
- Demonstrate flutter kick on back with and without board for 5m
- Introduce freestyle arms on wall
- Attempt freestyle arms with board for 5m and recover
- Survival backstroke kick on wall
- Tuck and recover from front float to back float and back to front float
- Log roll from front to back float and back to front float
- Survival sequence: jump in deep water, back float, tuck, return to wall with minimal support

SWORDFISH

Goal: Stroke development

- Push off from wall, glide, swim 10m freestyle with breathing
- Push off from wall, glide, swim 10m backstroke
- Survival backstroke for 10m
- Breaststroke kick with board for 10 m
- Dolphin dives for 10m
- Perform handstand
- Forward somersault, exhaling and recover
- Tread water for 30 secs
- Survival sequence: jump in deep water, back float, tuck, tread water, back float, log roll to front, return to wall

SEAHORSE

Goal: Stroke introduction

- Push off wall, front glide and log roll front to back and back to front, recover
- Drop underwater, push off wall, glide for 5m
- Straight arm freestyle with and without board for 5m
- Introduce freestyle breathing on wall and with board
- Straight arm backstroke with and without board for 5m
- Survival backstroke kick with board for 5m
- Introduce breaststroke kick on wall and with board for 5m
- Survival sculling on back with flutter kick for 5m
- Sitting dive from wall in deep water
- Pick up object from bottom of pool
- Survival sequence: jump in deep water, back float, tuck, tread water and return to wall independently

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TADPOLE

Goal: Endurance

- Push off from wall, glide, swim 25m freestyle correct technique
- Push off from wall, glide, swim 25m backstroke correct technique
- Push off from wall, glide, swim 25m breaststroke correct timing
- Push off from wall, glide, swim 25m survival backstroke correct technique
- Butterfly kick for 10m
- Continuous 100m swim: 25m freestyle, 25m backstroke, 25 breaststroke, 25m survival backstroke
- Tread water for 60sec
- Survival sequence: jump in deep water, tread water 60sec, back float, tuck, tread water 60sec and return to wall independently

FROG

Goal: Consolidation

- Push off from wall, glide, swim 50m freestyle
- Push off from wall, glide, swim 50m backstroke
- Push off from wall, glide, swim 25m breaststroke
- Push off from wall, glide, swim 25m sidestroke
- Butterfly kick 25m
- Continuous 150m swim
- Freestyle tumble turn
- Tread water for 60 seconds using eggbeater kick
- Survival sequence: Jump in deep water, tread water 60 secs, back float, tuck, tread water for 60 seconds and return to wall independently

After achieving all of the skills in the Frog level, students will progress to Stage 9 in the Swim and Survive Bronze Strand or join Junior Fitness.

JUNIOR FITNESS

This class aims to build speed, stamina and fitness. Students need to be at/or the equivalent of our Tadpole level.

1. Kick drill
2. Arm drill
3. Stamina swim
4. Time swim

For more information, visit

[www.beattypark.com.au/
swim-school/junior-fitness.aspx](http://www.beattypark.com.au/swim-school/junior-fitness.aspx)

SWIM AND SURVIVE

These levels focus on safety and survival skills while maintaining correct swimming technique. Perfect for a budding future lifeguard!

- Stage 9 - Senior
- Stage 10 - Junior Swim & Survive
- Stage 11 - Swim & Survive
- Stage 12 - Senior Swim & Survive
- Stage 13 - Wade Rescue
- Stage 14 - Accompanied Rescue
- Stage 15 - Bronze Star

For more information, visit [www.beattypark.com.au/
swim-school/swim-and-survive-bronze-strand.aspx](http://www.beattypark.com.au/swim-school/swim-and-survive-bronze-strand.aspx)