



OVER 5'S CONTINUUM

All lessons are 30 minute sessions and operate between the following times:

Monday to Friday 3:30pm—6:00pm

Saturday 8:30am—1:05pm

Sunday 8:30am—12:30pm

Octopus—Confidence and Movement

1. Enter and exit the water safely and independently
2. Wash the face scooping the water
3. Comfortable having water poured over head with watering can
4. Walk forwards and backwards for 5m independently
5. Submerge face with full exhalation of 5 secs
6. Submerge head with full exhalation of 5 secs
7. Front float and recover with support
8. Front float and recover independently
9. Back float and recover with support
10. Push off from wall, glide on front, face down exhaling, and recover
11. Flutter kick with board, face down exhaling, propulsive kick
12. Flutter kick without board, face down exhaling, propulsive kick
13. Flutter kick, underwater arm pulling, face down exhaling, propulsive kick
14. Jump in deep water and return to wall with support

Starfish—Independence

1. Blow bubbles with whole face in water and take breath three times comfortably
2. Independent front float, exhaling comfortably for 5 secs and recover
3. Independent back float, relaxed horizontal body position for 5 secs
4. Push off from wall, glide on front independently, face down exhaling, streamlined for 5 secs and recover
5. Front torpedo with board, face down exhaling, propulsive kick for 5m and recover
6. Independent front torpedo face down exhaling, propulsive kick for 5m and recover
7. Attempt flutter kick on back with board, relaxed horizontal body position, propulsive kick for 5m and recover
8. Attempt flutter kick on back independently, relaxed horizontal body position, propulsive kick
9. Breaststroke kick sitting on wall, symmetrical, hooked feet
10. Rotate from a front float to a back float by tucking body and recover independently
11. Rotate from a back float to a front float by tucking body and recover independently

12. Rotate from a front float to a back float by doing a log roll and recover independently
13. Rotate from a back float to a front float by doing a log roll and recover independently
14. Survival Sequence: Jump in deep water, back float, tuck, return to wall independently

Seahorse—Stroke introduction

1. Push off wall, front glide and log roll onto the back and log roll again to front and recover
2. Drop underwater, push off wall, glide with streamlined position for 5m
3. Fully submerge with exhalation and pick up object from the bottom of pool
4. Straight arm freestyle (streamlined position, propulsive kick, face in exhaling comfortably) for 5m
5. Independent straight arm freestyle (streamlined position, propulsive kick, face in exhaling comfortably) for 5m
6. Straight arm freestyle with board (streamlined position, propulsive kick, correct breathing) for 5m
7. Straight arm backstroke with board (streamlined position, propulsive kick) for 5m
8. Independent straight arm backstroke (streamlined position, propulsive kick) for 5m
9. Survival backstroke kick with support (symmetrical action, feet turned out) for 10m
10. Survival backstroke with support (symmetrical kick) for 10m
11. Breaststroke kick on back with board (streamlined glides) for 10m
12. Survival sculling on back with flutter kick for 10m
13. Sitting dive from wall
14. Survival sequence: Jump in deep water, back float, tuck, tread water and return to wall independently

Please see reverse side for level continuation.



OVER 5'S CONTINUUM

All lessons are 30 minute sessions and operate between the following times:

Monday to Friday 3:30pm—6:00pm

Saturday 8:30am—1:05pm

Sunday 8:30am—12:30pm

Swordfish—Stroke development

1. Push off from wall, glide and swim 10m freestyle independently (regular breathing pattern, streamlined position, propulsive kick)
2. Push off from wall, glide and swim 10m backstroke independently (streamlined position, propulsive kick)
3. Survival backstroke (correct timing, hooked feet, streamlined position) for 10m
4. Breaststroke kick with board (propulsive and symmetrical kick, streamlined glides) for 10 m
5. Dolphin dives for 10m
6. Perform handstand
7. Forward somersault, exhaling and recover
8. Tread water for 30 secs (eggbeater or symmetrical)
9. Survival sequence: jump in deep water, back float, tuck, tread water, back float, log roll onto front, tuck and return to wall independently

Tadpole—Endurance

1. Push off from wall, glide and swim 10m freestyle (regular breathing pattern - bilateral optional, streamlined position, 3/4 timing, bent arm recovery, propulsive kick)
2. Push off from wall, glide and swim 25m freestyle (regular breathing pattern - bilateral optional, streamlined position, 3/4 timing, bent arm recovery, propulsive kick)
3. Push off from wall, glide and swim 10m backstroke (streamlined position, opposite arm timing, propulsive kick)
4. Push off from wall, glide and swim 25m backstroke (streamlined position, opposite arm timing, propulsive kick)
5. Push off from wall, glide and swim 10m breaststroke (propulsive and symmetrical kick, correct timing, streamlined glides)
6. Push off from wall, glide and swim 25m breaststroke (propulsive and symmetrical kick, correct timing, streamlined glides)
7. Butterfly kick for 10m
8. Freestyle tumble turn
9. Continuous 100m swim: 25m freestyle, 25m backstroke, 25 breaststroke, 25m survival backstroke

10. Tread water for 60 secs using eggbeater kick
11. Survival sequence: Jump in deep water, tread water 60 secs, back float, tuck, tread water 60 secs and

Frog—Consolidation

1. Push off from wall, glide and swim 50m freestyle (regular breathing pattern—bilateral optional, streamlined position, bent arm recovery, propulsive kick)
2. Push off from wall, glide and swim 50m backstroke (Streamlined position, opposite arm timing, propulsive kick)
3. Push off from wall, glide and swim 10m breaststroke (Correct timing, streamlined glides, propulsive, symmetrical kick)
4. Push off from wall, glide and swim 25m breaststroke (Correct timing, streamlined glides, propulsive and symmetrical kick)
5. Butterfly kick 25m
6. Freestyle tumble turn
7. Continuous 150m swim
8. Push off from wall, glide and swim 25m sidestroke
9. Tread water for 60 seconds using eggbeater kick
10. 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 skills in the Frog level students will progress to Stage 9 in the Swim and Survive Bronze Strand.