



UNDER 5'S CONTINUUM

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

Monday to Friday 9:00am—12:00pm

Monday to Friday 3:30pm—6:00pm

Saturday 8:30am—1:05pm

Sunday 8:30am—12:30pm

Abalone—Confidence

1. Enter and exit the water safely and independently
2. Wash face by scooping water
3. Comfortable having water poured over head with watering can
4. Walk forwards and backwards for 5m independently with confidence
5. Submerge face with full exhalation of 5 secs
6. Submerge head with full exhalation of 5 secs
7. Blow bubbles (5 secs) and take breath 3 times comfortably
8. Front float and recover with support
9. Back float and recover with support
10. Flutter kick with noodle with confidence
11. Jump in deep water and return to wall with support

Barnacle—Buoyancy and Movement

1. Enter and exit the water safely and independently in shallow and deep water
2. Blow bubbles with whole face in the water and take breath three times comfortably
3. Front float, exhaling comfortably for 3 secs and recover with support in shallow and deep water
4. Independent front float, exhaling comfortably for 3 secs and recover
5. Independent back float, relaxed horizontal body position for 3 secs and recover
6. Independent kangaroo jumps in own depth of water for 10m with correct breathing pattern
7. Glide on front, face down exhaling, and recover with support
8. Flutter kick with board, propulsive kick and recover
9. Flutter kick, underwater arm pulling, face down exhaling, propulsive kick, in shallow and deep water and recover with support
10. Survival sequence: Jump in deep water, return to wall independently

Crocodile—Independence and Survival

1. Independent back float, relaxed horizontal body position for 5 secs and recover
2. Rotate from front float to a back float by tucking body and recovering independently
3. Rotate from a back float to a front float by tucking body and recovering independently
4. Rotate from a front float to a back float by doing a log roll and recover
5. Rotate from a back float to a front float by doing a log roll and recover independently.
6. Independent kangaroo jumps in deep water with correct breathing pattern
7. Glide on front, face down exhaling, streamlined for 5m and recover independently

8. Front torpedo, face down exhaling, propulsive kick for 5m and recover with support
9. Attempt flutter kick on back with board, relaxed horizontal body position, propulsive kick for 5m, and recover with support
10. Independent flutter kick, underwater arm pulling, face down exhaling, lift for breath, propulsive kick in shallow and deep water
11. Sitting dive from wall
12. Tread water for 10 sec (eggbeater or symmetrical)
13. Survival sequence: Jump in deep water, back float, tuck and return to wall independently

Dolphin—Stroke introduction

1. Push off from wall, glide on front, face down exhaling, streamlined for 5m and recover
2. Push off from wall, front glide and log roll onto back and log roll again to front and recover
3. Fully submerge with exhalation and pick up objects from bottom of pool
4. Independent front torpedo, face down exhaling, propulsive kick for 5m and recover with support
5. Independent front torpedo, face down exhaling, propulsive kick for 5m and recover
6. Independent flutter kick on back, relaxed horizontal body position, propulsive kick for 5m and recover with support
7. Independent flutter kick on back, relaxed horizontal body position, propulsive kick for 5m and recover
8. Straight arm freestyle with board (streamlined position, propulsive kick) for 5m and recover
9. Breaststroke kicking on wall, symmetrical, hooked feet
10. Wiggle worms 5m
11. Survival sequence: Jump in deep water, back float, tuck, tread water and return to wall independently

Eel—Stroke Extension

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