



## Swimming Lessons Level Progression Chart

### Infant (6 months- 3 years)



#### **Starfish / Periwinkle / Minnow**

Introduce your little one to the water in the safe surrounds of an Infants class. Available to babies as young as six months, this class is ideal for any parent who wants their baby or toddler to learn to swim early and gain water safety skills for life.

The program will provide education for parent/carers about aquatic environments, swimming and water safety.



### Preschools (3-5 Years)



#### **Tadpoles**

Our beginner preschool level where participants will learn water safety and familiarisation, buoyancy and floatation, body position and rotation, underwater skills, stroke development including extended arm paddle, back sculling, aided kick on front and back.



#### **Goldfish**

Our second preschool where participants will learn buoyancy and floatation, body position and rotation, underwater skills, entries and exits, water safety, stroke development including torpedoes, independent kick on back, big arms introducing freestyle arms and backstroke arms.



aid.

### **Flying Fish**

An advanced Preschool class where participants learn buoyancy and floatation, underwater skills, entries and exits, water safety, stroke development including kicking on front with aid and side breathing, backstroke with correct arm and hand position, freestyle whilst attempting side breathing, survival backstroke and breaststroke kick with

## **School Age (5 Years and above)**



### **Octopus**

A beginner school aged level where participants will learn water safety & familiarisation, buoyancy and floatation, body position and rotation, underwater skills, stroke development including extended arm paddle, back sculling, aided kick on front and back and torpedos 3 metres.



### **Sardine**

Participants will learn underwater skills, entries and exits, water safety, stroke development including torpedoes, independent kick on back, big arms introducing freestyle arms and side breathing and backstroke arms for 10m.



### **Salmon**

Participants will learn underwater skills, entries and exits, water safety, stroke development including freestyle with correct action and body position 12 metres, backstroke with correct action and body position 12 metres, survival backstroke kick with aid 5 metres, and breaststroke kick with aid 5 metres.



### **Tuna**

Participants will learn underwater skills, water safety, stroke development including correct freestyle action 25 metres, correct backstroke action 25 metres, survival backstroke unaided 12 metres, correct breaststroke kick with breathing for 12 metres.



### **Dolphin**

Participants will learn underwater skills, entries and exits, water safety, stroke development including freestyle 50 metres, backstroke 50 metres, survival backstroke 25 metres, breaststroke 25 metres with correct arms, breathing and timing and dolphin kick for 12 metres.



### **Shark**

Participants will learn underwater skills, entries and exits, water safety, stroke development including freestyle 100 metres, backstroke 100 metres, survival backstroke 50 metres, breaststroke 50 metres, sidestroke, 50 metres and butterfly 15 metres.

## **IN THIS SECTION**

Aquatics (/aquatics/)

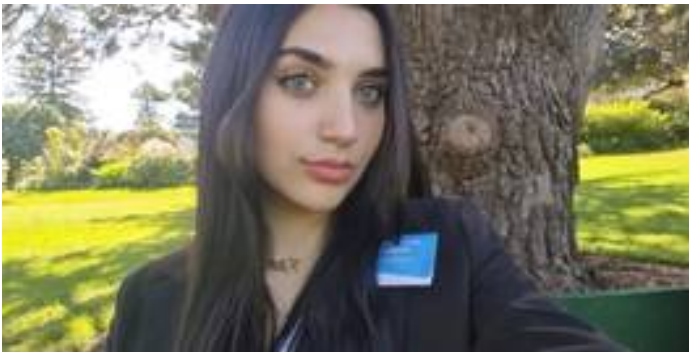
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YMCA of Sydney Youth and Community Services Incorporated is a Public Benevolent Institution registered as a Charity.

The Y NSW acknowledges the Aboriginal and Torres Strait Islander peoples as the Traditional Custodians of the lands and waters on which we come together to learn, share and grow. As the earth's most ancient culture, we respect their historical and continuing spiritual connections to country. We pay our respects to Elders past and present, and to young Aboriginal and Torres Strait Islander peoples for they hold the continuation of cultural, spiritual and educational practices in their hands. We believe in the power of inspired young Aboriginal and Torres Strait Islander peoples.

ABN (Australian Business Number): 28 067 150 010

CFN (Charitable Fundraising Number) CFN/21379

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