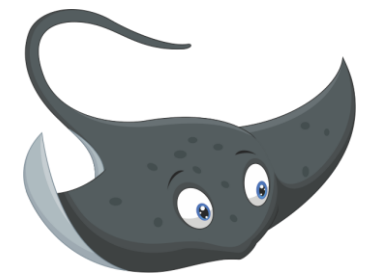




# LEVEL OBJECTIVES



## INFANT

## SCHOOL

## SQUAD

**WATER BABIES**  
(4-15 months)

- Water familiarisation
- Water confidence
- Splashing
- Body position
- Eyes in and bubbles
- Mobility

**AQUA TOTS**  
(15 months - 3 years)

- Independence
- Cues
- Torpedoes
- Back floats
- Submersion
- Paddling
- Bubbles

**CRAYFISH**

- Confidence
- Developing torpedoes, floats & glides
- Introduction to arm circles leading into freestyle and backstroke up to 5m+
- Safety rules and throw rescue

**OTTER**

- Freestyle 10m+
- Backstroke 10m+
- Developing kicking strength and leg position
- Introduction to deep water
- Introduction to diving
- Safe entries, treading water, safety rules

**ORCA**

- Non-competitive environment
- Each session is part of an integrated weekly program designed to improve both your technique and fitness
- Lap lane etiquette

## PRE-SCHOOL

**SEAHORSE**  
(3 - 4 years)

- Independence
- Confidence
- Torpedoes
- Back floats
- Bubbles
- Introduction to arm circles
- Basic safety

**JELLYFISH**  
(4 - 5 years)

- Freestyle 3m+
- Backstroke 3m+
- Independence
- Developing torpedoes, back floats & bubbles
- Introduction to arm circles
- Basic safety

**PENGUIN**

- Freestyle 15m+
- Backstroke 15m+
- Kicking strength
- Head position when breathing
- Streamlining
- Diving
- Safety – talk/reach/throw

**SWORDFISH**

- Freestyle 25m+
- Backstroke 25m+
- Focus on freestyle bilateral breathing technique
- Breaststroke kick
- Diving
- Recap of water safety

**TURTLE**  
(3 - 5 years)

- Freestyle 5m+
- Backstroke 5m+
- Developing kicking strength and leg position
- Safe entries, treading water, throw rescue, beach safety
- Introduction to diving
- Confidence and independence in deep water
- Stroke development to swim at the Otter level

**STINGRAY**

- Freestyle 50m+
- Backstroke 50m+
- Freestyle bilateral breathing
- Developing correct breaststroke arms and timing
- Introduction to butterfly
- Introduction to racing dives
- Introduction to turns

**MARLIN**

- Freestyle 100m+
- Backstroke 100m+
- Breaststroke 100m+
- Butterfly 50m+
- Racing dives and turns
- Advanced safety skills: rules, rescues and treading water



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