

Swim and Survive

Find the right class for your child & enrol online!


Parent and infant

 **1** 6 to 12 months


 **2** 12 months to 2 years

 **3** 2 to 3 years


Pre school 3-5 years

 **1** **COURAGE AWARD**
WITH PARENTS


- No previous experience
- I don't put my face under
- I need assistance to kick

 **2** **COURAGE AWARD**
WITH PARENTS


- I am trying to put my face in
- I can float on front and back with assistance
- I can enter and exit the water safely

 **3** **COURAGE AWARD**
WITH PARENTS

- I can float on front and back with a buoyant aid/assistance
- I can blow bubbles with mouth and nose submerged
- I can kick on front and back using a kickboard with assistance


 **4** **COURAGE AWARD**
WITH PARENTS

- I can kick on front and back with boards unassisted
- I can float on front and back confidently unassisted
- I can blow bubbles in water with face fully submerged


 **5** **COURAGE AWARD**

- I can move from a front float to a back float with assistance
- I am attempting breath control (side breathing)
- I can swim 3 metres on front and back using arms and legs


School age 5 years +

 **D1** **ACTIVE AWARD**


- No previous experience
- I don't put my face under
- I need assistance to kick

 **1** **ACTIVE AWARD**


- I can kick on front and back for 3 metres with assistance
- I can blow bubbles with face fully submerged
- I can float on front and back with a buoyant aid/assistance

 **D2** **ACTIVE AWARD**


- I can float on front and back confidently unassisted
- I am attempting breath control (side breathing)
- I can kick on front for 3 metres unassisted (Torpedo)
- I can kick on my back for 5 metres using a kickboard

 **2** **ACTIVE AWARD**


- I can swim 5 metres Freestyle with no breathing
- I can swim 5 metres Backstroke with ears in water
- I can move from a back float to a front float to a back float again
- I am attempting side breathing

 **D3** **ACTIVE AWARD**


- I can swim 10 metres Freestyle with basic side breathing
- I can swim 10 metres Backstroke with correct body position
- I can float on my front and back in deep water with assistance
- I am attempting treading water with arms and legs

 **3** **ACTIVE AWARD**


- I can swim 15 metres Freestyle with coordinated side breathing
- I can swim 15 metres Backstroke with continuous arm action
- I can float on my front and back in deep water without assistance
- I can tread water for 30 seconds

 **4** **ACTIVE AWARD**


- I can swim 25 metres Freestyle with correct technique
- I can swim 25 metres Backstroke with correct technique
- I can swim 15 metres Survival Backstroke using correct technique
- I am attempting Breaststroke kick

 **5** **ACTIVE AWARD**

- I can swim 50 metres freestyle with correct technique
- I can swim 50 metres backstroke with correct technique
- I can swim 25 metres survival backstroke using correct technique
- I can swim 15 metres breaststroke with correct technique

 **6** **ACTIVE AWARD**

- I can swim 100m continuously using correct technique in freestyle, backstroke, breaststroke, survival backstroke and sidestroke.
- I can scull, float or tread water for 5 minutes wearing clothes
- I can swim survival strokes for 6 minutes wearing clothes

 **7** **ACTIVE AWARD**

- I can swim 200m continuously using correct technique in freestyle, backstroke, breaststroke, survival backstroke and sidestroke.
- Dressed in clothing I can swim 50m quickly then 50m slowly, float for 1 minute, swim slowly using survival strokes for 6 minutes
- Dressed in clothing I can scull, float or tread water for 3 minutes
- I can remove clothing in deep water

