

Swim and SURVIVE

Find the right class for your child and enrol online

Parent and infant

6 months – 3.5 years



6 to 12 Months



12 months to 2 years



2 years to 3 years



Parent and infant transition level

- I can blow bubbles
- I can float on front and back and recover
- I can move through water independently

Preschool

3.5 years – 5.5 years



- I don't have previous experience
- I don't put my face under
- I need help to kick



- I can kick on front and back on my own
- I can float on front and back on my own
- I can attempt basic freestyle



- I can swim 5m freestyle with no breathing
- I can swim 5m 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

School aged 5.5 years+



- I don't have previous experience
- I don't put my face under
- I need help to kick



- I can kick on front and back on my own
- I can float on front and back on my own
- I can attempt basic freestyle



- I can swim 5m freestyle with no breathing
- I can swim 5m 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



- I can swim 10m freestyle with basic side breathing
- I can swim 10m backstroke with correct body position
- I can float on my front and back in deep water
- I am attempting breaststroke kick



- I can swim 20m freestyle with basic side breathing
- I can swim 20m backstroke with correct body position
- I am attempting to tread water with arms and legs
- I am attempting head first sculling



- I can swim 25m freestyle with correct technique
- I can swim 25m backstroke with correct technique
- I can swim 15m survival backstroke using correct technique
- I am attempting breaststroke



- I can swim 50m freestyle with correct technique
- I can swim 50m backstroke with correct technique
- I can swim 25m survival backstroke with correct technique
- I can swim 25m breaststroke with correct technique



- I can swim 75m backstroke and freestyle with correct technique
- I can swim 50m breaststroke, survival backstroke and sidestroke



- I can swim 100m using correct technique in freestyle
- I can swim 75m in backstroke, breaststroke, and survival backstroke
- I can attempt basic butterfly
- I can attempt a wade rescue

