Learn to Swim
Under 5 Levels

Learn to Swim staff will work with families throughout the enrolment process to determine the appropriate level for each child based on their previous swimming experience.

1. Starfish
- Safe entry and exit
- Open eyes under water
- Exhale in water
- Float (assisted)
- Submerge body
- Glide 3m
- Monkey grip to platform
- Starfish Safety Scenario

2. Jellyfish
- Float
- Submerge and retrieve object
- Glide forward and kick 3m with aid
- Glide backwards and kick 3m with aid
- Demonstrate sculling
- Hands jump from edge (assisted)
- Jellyfish Safety Scenario

3. Clownfish
- Swim 3m freestyle with aid
- Submerge whole body
- Glide forward and kick 5m
- Glide backwards and kick 5m
- Kneeling dive (assisted)
- Swim in deep water (assisted)
- Understanding of basic pool rules
- Clownfish Safety Scenario

4. Pufferfish
- Swim 5m freestyle
- Swim 5m backstroke arms with aid
- Kick on front 5m
- Kick on back 5m
- Submerge in deep water (assisted)
- Kneeling dive
- Clownfish Safety Scenario

5. Angelfish
- Swim 7m freestyle
- Swim 7m backstroke
- Kick on front 10m
- Kick on back 10m
- Perform breaststroke kick on back
- Submerged dolphin kick
- Squatting dive
- Angelfish Safety Scenario

To register for Learn to Swim visit our website.