



State Swim

Safety, Fun and Fitness

# Swim & Safety Program

## DUCKLING

**4-6 Months**

Water familiarisation  
How to hold your child  
Coordination & breath control  
Parental bonding & lots of fun



## TADPOLE

**6-18 Months**

Water familiarisation  
Breath control  
Unaided freefall  
Submerging  
Holding onto pool edge  
Floating on back with assistance



## FROG

**19-36 Months**

Water familiarisation  
Submerge with recovery to surface  
Jumping into the pool and kicking to the surface  
Independent swimming with floats  
Back Float with floats  
Climbing out of the pool unaided



## SEAHORSE

A solo swim/dog paddle with arm floats  
15 metre swim/dog paddle with arm floats  
Pushing off the bar and swimming without arm floats  
10 metre swim without arm floats  
Floating on back without floats  
Jump in and return to bar solo



## PENGUIN

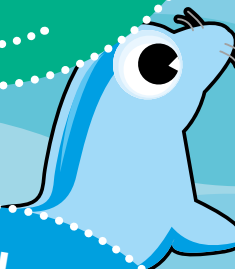
**4 Years**

Safe entry & exit from pool  
Water awareness  
Breath control & submerging  
Floating on back in shallow & deep water  
Dog paddle/action in deep water, jumping and returning to wall  
Freestyle kicking with a board  
Backstroke kicking with a board



## SEAL

Safe entry & exit from pool  
Freestyle & backstroke kicking without a pod board  
5 large freestyle arms  
Jumping in the deep end and recovering back using dog paddle/action sculling  
Floating on back with recovery to wall





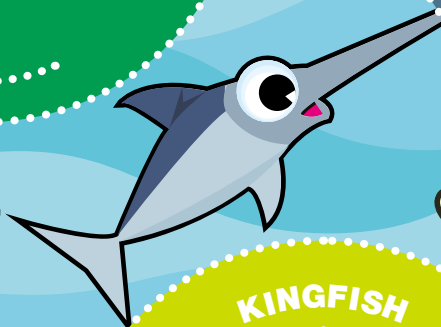
State Swim

Safety Fun and Fitness

# Swim & Safety Program

## STARFISH

- Safe entry & exit from pool
- Freestyle breathing on board
- Backstroke on board
- Floating/dog paddle action & sculling skills in shallow water



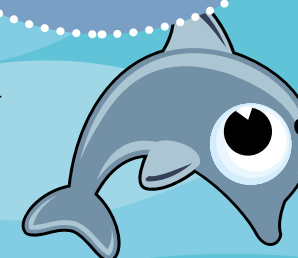
## MARLIN

- Full freestyle & backstroke in shallow water progressing to deep water
- Floating/dog paddle
- Treading water in shallow & deep water for 30 seconds



## DOLPHIN

- Freestyle & Backstroke swimming building stroke & strength
- Breaststroke arms with dolphin kick & fins
- Sculling on back
- Deep water skills: floating and treading water for 45 seconds



## KINGFISH

- Freestyle, Backstroke & Breaststroke swimming, building stroke & strength
- Butterfly arms & kick — no breathing
- Perform a somersault
- Elementary Backstroke
- Practice with devices to assist in a rescue
- Floating & treading water for 60 seconds

## SUPERFISH

- Freestyle, Backstroke, Butterfly & Breaststroke swimming, building stroke & strength
- Elementary Backstroke
- Racing turns
- Practice techniques for clothed swimming
- Practice with devices to assist in a rescue
- Floating & treading water for 90 seconds

