

Level	Class Name	Description	Competencies
1A	Aquatots 6-18m	An introduction to water Classes are based on fun activities, toys and games. Encourages interaction between child and parent	Safe Entries and Exits
			Moving through and feeling the water
			Breath Control
			Buoyancy Discovery (Submersion and Floating)
2A	Aquatots 19-36m	Promote water familiarisation, confidence and safety. Encourages interaction between child and parent. Fun and enjoyment of the experience of	Safe Entries and Exits
			Moving through and feeling the water
			Breath Control
			Buoyancy Discovery (Submersion and Floating)
3A	Goldfish - 2.5 yrs - 3yrs	This class is for the more confident toddler who has been to Aquatot classes. A transition class before Pre-School where the toddler learns to spend more time with the teacher listening to instructions	Safe Entries and Exits
			Moving through and feeling the water
			Breath Control
			Buoyancy Discovery (Submersion and Floating)
			Water independence
1P	Tadpole (Pre-School)	For the complete beginner over 3	Safe entries and exits
			Full submersion with bubbles
			Introduction to kicking
			Floating unaided in Starfish position
			Building confidence in the pool environment
2P	Starfish (Pre-School)	For a pre-schooler who has begun floating, continuation of building on skills in tadpole	Safe entries and exits
			Building confidence with front streamline
			Develop long legged kick
			Building confidence with back float
			Develop unaided front float with kicking
3P	Turtle (Pre-School)	Confident pre-schooler who is able to float	Safe entries and exits
			Good streamline with kicking
			Introduction of arm action
			Co-Ordinate freestyle arms with kicking
			Relaxed back float
1	Frog	For the complete beginner 5 years and older (assessment required)	Safe entries and exits
			Full submersion with bubbles
			Able to kick with assistance
			Gaining more confidence in back float
			Floating unaided in Starfish position
2	Eel	For a school age child who has begun floating, continuation of building on skills in frog (assessment required)	Building confidence in the pool environment
			Improve front float into a good streamline
			Develop long legged kick
			Develop streamline with good kicking
			Introduction to dolphin wiggle
3	Fish	For school age child who is able to confidently kick, developing coordination and arm movements	Improved confidence with back float
			Streamline position with good kick
			Develop arm action with big circles
			Co-Ordinate freestyle arms with kicking
			Unaided back float with kicking
4	Seahorse	For school age child who is able to coordinate arms and kicking	Sculling on back (no kicking)
			Building confidence with bilateral breathing
			Introduction of Backstroke arms
			Introduction of freestyle breathing
			Introduction of breaststroke kick
5	Otter	For school age child who is able to do freestyle with breathing. Will move from the teaching pool to the school pool.	Dolphin wiggles
			Freestyle and backstroke unassisted for length of LTS pool
			Cotinual improvement with freestyle breathing
			Increase distance
			Continual improvement and distance in backstroke
			Continual improvement with breaststroke kick and sculling
			Dolphin kick

6	Seal	For school age child who is able to swim 15m unassisted	Able to swim 25 metres unassisted backstroke and freestyle
			Improvement in Breaststroke kick
			Continual improvement in technique
			Introduction of butterfly arms and dolphin kick
			Developing skills in Forward Rolls, Diving, Treading Water
7	Octopus	For those swimming 25 metres Working towards 50 metres Co-Ordination of Breaststroke kick with arms Diving/ Introduction of tumble turns	Able to swim 50m Freestyle
			Able to swim 50m Backstroke
			Able to coordinate Breaststroke kick with arms
			Developing correct breaststroke kick
			Developing skills in tumble turns
			Developing skills of Butterfly arms with kick
8	Dolphin	For those swimming 50 metres Working towards 75 metres Continual improvement in all strokes	Developing skills in diving
			Able to swim 75m freestyle
			Able to swim 75m backstroke
			Progressing with correct breaststroke technique
			1. Coordination of arms and legs
			2. Development of correct breaststroke kicks
			3. Development of correct breaststroke pull
			Progressing with correct butterfly technique
			Competent diving
Competent tumble turns			
9	Marlin	Working towards 125-150 metres Competent in all four strokes Ready for Club Swimming	Able to swim 100m Freestyle with tumble turns
			Able to swim 100m Backstroke
			Good technique Breaststroke for 25m
			Good technique Butterfly
			Confident diving
			Confident tumble turning
Ready for swimming club			

Learn to Swim Scales

When working through the competencies at each Learn to Swim level children are assessed, this works through a scale system. Once each of the competencies are achieved to the 'Got it!' level they will progress onto the next level in Learn to Swim. Aquatots is the exception as this is age based, so whilst there are competencies they will move through the Learn to Swim school based on age.

Pre-School Levels 1-3 are similar to School Age levels 1-3, therefore a child in Turtle (3) is likely to progress directly to Fish(3) once they hit school age.

Scales	Description
Introduced	As a child enters a new level they will be at introduced for all competencies
Improving	As a child starts to comprehend and develop the competency they will move to improving
Almost there	As a child starts to show they can do the competency they will move to almost there
Got it!	As a child achieves a competency they will move to 'Got it' once they achieve all competencies in the level they will move up