

## Infants



Level 1

**STARFISH**

6-12 months

### Skills:

- Understanding skill, comfort and the role of the parent or carer
- Safe entries and exits
- Supported Holds
- Readiness and cueing (name, ready and go)
- Supported vertical rotation
- Supported glides from one to another
- Use of flotation aids (supported)
- Safety and supervision

Parent or Carer participation in the water

## Preschool



Level 4

**SEAHORSE**

3+ years

### Skills:

- Practice safe entries and exits
- Improved Water confidence
- Practice front and back floating
- Personal water safety awareness and self-preservation
- Basic buoyancy, propulsion and mobility
- Learning breath control and personal safety
- Pool and water safety discussion

Parent or Carer observing from side

## Primary



Level 7

**JELLYFISH**

### Skills:

- Increased water confidence and familiarisation
- Personal water safety awareness
- Self-preservation and survival skills – enter and return to the edge
- Independent buoyancy, propulsion and mobility with aids
- Practice streamlined body positions
- Demonstrate arm and leg movements working towards a recognisable stroke for freestyle and backstroke



Level 10

**MARLIN**

### Skills:

- Entry and exits relevant to a pool
- Develop an awareness of aquatic environments and describe the characteristics of each
- Explore body rotation / balance
- Recover an object from deep water without goggles
- Body awareness – freestyle and backstroke patterns
- Safe crouching dive
- Self-preservation skills



Level 2

**OCTOPUS**

12-24 months

### Skills:

- Understanding skill, comfort and the role of the parent or carer
- Safe entries and exits
- Student development – milestones on land; relating and using them in water
- Increased independence
- Improving breath control
- Use of flotation devices (assisted)
- Assisted holds
- Assisted submersions when ready

Parent or Carer participation in the water



Level 5

**PENGUIN**

### Skills:

- Independent water confidence and water familiarisation
- Demonstrate safe entries and exits
- Learning breath control and personal safety
- Personal water safety awareness
- Self-preservation skills including floating
- Independent buoyancy, propulsion, and mobility

Parent or Carer observing from side



Level 8

**PLATYPUS**

### Skills:

- Peer based lessons – working within a group/team
- Safety around different aquatic environments including the home and public pools
- Introduce rescue safety – self-preservation
- Jump into deep water and return to the edge
- Balance & rotation – body awareness
- Submerge and retrieve an object from the bottom



Level 11

**SHARK**

### Skills:

- Introduction to the patterns for breaststroke and butterfly
- Aware of use and personal safety elements of a compact jump entry
- Aware of rescue sequences & capable of selecting an appropriate rescue aid
- Aware of personal safety & risk elements associated with peer pressure
- Self-preservation skills
- Swim wearing long pants and a long sleeve shirt



Level 3

**SEA TURTLE**

2+ years

### Skills:

- Understanding skill, comfort and the role of the parent or carer
- Safe entries and exits
- Student follows independently
- Independent kicking and arm action
- Improved buoyancy and balance skills
- Increased breath control
- Moves along wall independently
- Use of flotation devices (independent)
- Jump in and returns to the edge

Parent or Carer participation in the water



Level 6

**SEA LION**

### Skills:

- Independent water confidence and water familiarisation
- Personal water safety awareness
- Self-preservation and survival skills
- Independent buoyancy, propulsion, and mobility
- Streamline body positioning
- Arm and leg movement toward recognisable stroke
- Breath control/breathing skills

Parent or Carer observing from side



Level 9

**SEAL**

### Skills:

- Awareness of two safe entries & exits
- Knowledge of pool area and other aquatic environments
- Personal water safety awareness
- Simulated open water experience
- Self-preservation
- Fit a life jacket – enter the water and float then exit
- Surface dive and recover an object from deep water 1.2 – 1.5m
- Sitting dive followed by push and glide steering up.



Level 12

**ORCA**

### Skills:

- Aware of the timing for swimming breaststroke and butterfly
- Aware of a range of open water environments, common activities, as well as risk & personal safety aspects
- Awareness of personal competence
- Aware of demands and impact to personal competency for a range of open water environments
- Can articulate knowledge and understanding of rips and currents, and what to do if ever stuck in a rip current.
- Swim an individual medley

# GO SWIM™ ACADEMY

## Level 13 GOswim Academy 1

- Demonstrate different water entry and exit methods based on different scenario and water environment
- Practice being able to swim different strokes at different speeds. Work out which stroke and speed is required to get to a finishing point in a desired time
- Practice being in a position of danger, be able to analyse the surroundings and select the method to navigate obstacles in order to reach a point of safety
- Be able to reflect on their own current level of competency and be able to select a target that is attainable within the selected timeframe, with a knowledge of how to achieve it.

## Level 14 GOswim Academy 2

- Develop the ability to recognise their current endurance level for each stroke and therefore be able to suitably select a stroke in which to swim to reach the desired destination
- Practice using an aquatic skill that can be converted or utilised in another aquatic discipline (e.g. water polo)
- Practice performing racing skills. Understanding the rules for the event and how to best to maximise their own performance
- Be able to analyse their own current swimming ability and select an area of improvement with an understanding of how to achieve it.
- Swim 400m using a variety of nominated strokes