



Swimming Progression Chart

Level	Entry Skills	Class Objectives
Let's Go Under	<ul style="list-style-type: none"> Complete beginner or slightly confident moving in the water. 	<ul style="list-style-type: none"> Learn how to enter and exit pool safely Enjoying the water Submerging Moving confidently in and under the water Star-fish float unassisted on front for 4 seconds Assisted star-fish float on back.
Streamliners	<ul style="list-style-type: none"> Can submerge Float unassisted on front for 4 seconds. 	<ul style="list-style-type: none"> Streamlined body Correct head position "Long legs" kicking Freestyle arms and kicking for 4 metres. Unassisted Star-fish float on back (and knowing how to stand up from back float) Kicking unassisted on back Roll from front float to back
Putting it all together	<ul style="list-style-type: none"> Kicking 4 metres on back "Long legs" kicking Freestyle arms and kicking for 4 metres 	<ul style="list-style-type: none"> Freestyle arm stroking and kicking for 6 metres. Backstroke arms and kicking for 10 metres. Kicking on side in "breathing position" (using floatation aid) Introduction to diving (if pool is suitable)
Breathers	<ul style="list-style-type: none"> Freestyle 6m Backstroke 10m 	<ul style="list-style-type: none"> Bi-lateral Freestyle breathing for 8m Improving backstroke technique. Breaststroke kick
Advancing Swimmer	<ul style="list-style-type: none"> 8m Freestyle with correct breathing position and consistent stroke: breath patterning. Backstroke 20m Competent breaststroke kick. 	<ul style="list-style-type: none"> 15m Freestyle 25m Backstroke Combining arms and legs for breaststroke kick
Stroke Refinement	<ul style="list-style-type: none"> Can combine breaststroke arms and legs together. 15m Freestyle 25m Backstroke 	<ul style="list-style-type: none"> 25m+ Freestyle 25m+ Backstroke 25m+ Breaststroke Tumble-turns Introduction to butterfly

Swimmers must be competent at all the criteria for each level before progressing onto the next level. We prefer swimmers to develop good technique before significantly increasing the distance they are swimming.