

## INFANT AQUATICS

### JELLYFISH

- Water awareness
- Safely enter and exit water
- Assisted reaching and gripping
- Assisted horizontal and vertical actions
- Assisted submersion
- Assisted front kick
- Assisted back float
- Assisted back kick
- Introduction to aqua code
- Jellyfish survival sequence



### STARFISH

- Water familiarisation
- Safely enter and exit water
- Supported reaching and gripping
- Supported horizontal and vertical actions
- Supported submersion
- Supported front kick
- Supported back float
- Supported back kick
- Aqua code
- Starfish survival sequence



### OCTOPUS

- Water confidence and balance
- Safely enter and exit water
- Reaching and gripping
- Independent horizontal and vertical actions
- Independent fall-in, turn, reach and exit
- Independent front kicking action
- Independent back float with board
- Independent back kicking action
- Signalling for help in the water
- Aqua code
- Octopus survival sequence



## PRESCHOOL

### GUPPY

- Safely enter and exit water
- Submerge face and blow bubbles
- Assisted front float
- Assisted push and glide
- Assisted back float
- Signalling for help in the water
- Guppy survival sequence



### YABBY

- Safely enter and exit water
- Independent front float
- Independent push and glide – 3m
- Streamline kick with board – 3m
- Reach and pull arms with kick – 3m
- Independent back float
- Assisted backward push and glide – 3m
- Reach to rescue
- Yabby survival sequence



### FROG

- Perform a duck dive
- Independent streamline kick – 6m
- Reach and pull arms with kick – 6m
- Assisted back kick – 6m
- Perform a talk and throw rescue
- Frog survival sequence



### SEAHORSE

- Retrieve submerged object
- Perform a somersault
- Freestyle arms with kick – 6m
- Independent back kick – 6m
- Assisted backstroke arms
- Perform a throw and reach rescue
- Seahorse survival sequence



## SCHOOL AGE

### STINGRAY

- Independent front and back float
- Independent push and glide – 4m
- Reach and pull arms with kick – 6m
- Assisted backward kick
- Reach to rescue
- Stingray survival sequence



### TURTLE

- Perform a duck dive
- Freestyle arm with kick – 6m
- Freestyle with side breath
- Independent back kick – 6m
- Assisted backstroke arms
- Perform a talk and throw rescue
- Turtle survival sequence



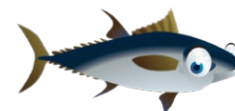
### SNAPPER

- Retrieve submerged object
- Perform a somersault
- Freestyle – 8m
- Breaststroke kick – 8m
- Backstroke – 8m
- Survival backstroke kick – 8m
- Perform a throw and reach rescue
- Snapper survival sequence



### BARRAMUNDI

- Freestyle tumble turn
- Freestyle – 12.5m
- Breaststroke kick – 12.5m
- Butterfly kick – 12.5m
- Backstroke – 12.5m
- Survival backstroke – 12.5m
- Perform a wade rescue
- Barramundi survival sequence



### OTTER

- Perform a sitting dive
- Backstroke tumble turn
- Freestyle – 25m
- Breaststroke – 12.5m
- Sidestroke kick with board – 12.5m
- Backstroke – 25m
- Butterfly arms – 12.5m
- Survival backstroke – 25m
- Perform an accompanied rescue
- Otter survival sequence



## LEARNING PATHWAY

## STROKE CORRECTION



### SWORDFISH

- Perform a crouch dive
- Perform a pivot turn
- Freestyle - 50m
- Breaststroke - 50m
- Butterfly - 12.5m
- Sidestroke - 12.5m
- Backstroke - 50m
- Survival backstroke - 50m
- Perform a talk and throw rescue
- Swordfish survival sequence



### SEAL

- Perform a standing dive
- Freestyle - 75m
- Breaststroke - 75m
- Butterfly - 25m
- Sidestroke - 50m
- Backstroke - 75m
- Perform a throw and reach rescue
- Seal survival sequence



### DOLPHIN

- Perform a block dive
- Survival stroke swim - 200m
- Freestyle - 100m
- Breaststroke - 100m
- Butterfly - 50m
- Backstroke - 100m
- Perform a wade rescue
- Resuscitation awareness course
- Dolphin survival sequence

### SWIMFIT

- Perform competition dives
- Experience swimming in clothing
- Freestyle - 200m
- Breaststroke - 200m
- Butterfly - 100m
- Sidestroke - 200m
- Backstroke - 200m
- Survival backstroke - 200m
- Perform an accompanied rescue
- Resuscitation awareness course
- Swimfit survival sequence



## TEEN & ADULT



### INTRODUCTION

- Independent front float and recover
- Independent back float and recover
- Perform back sculling movement
- Safely enter and exit water
- Independent push and glide
- Reach and pull arms with glide
- Independent back kick
- Introduction to dry rescues
- Resuscitation awareness course
- Perform shallow water survival sequence



### BEGINNER

- Tread water for 1 minute
- Freestyle - 12.5m
- Basic breaststroke - 12.5m
- Backstroke - 12.5m
- Survival backstroke - 12.5m
- Perform dry rescues
- Perform deep water survival sequence
- Resuscitation awareness course



### INTERMEDIATE

- Introduction to diving
- Freestyle - 25m
- Breaststroke - 25m
- Sidestroke - 25m
- Backstroke - 25m
- Survival backstroke - 25m
- Perform a wade rescue
- Perform intermediate survival sequence
- Resuscitation awareness course

### ADVANCED

- Diving
- 150m survival swim
- Freestyle - 50m
- Breaststroke - 50m
- Sidestroke - 50m
- Backstroke - 50m
- Survival backstroke - 50m
- Perform an accompanied rescue
- Perform advanced survival sequence
- Resuscitation awareness course

