

## Pre-School Aquatics Academy (0-5yrs)

By the end of Pre-School 1, babies aged 6-18 months (with full adult support based on baby's needs) can enter and exit the water safely, be comfortable with water being poured over the body, bob up and down, float on the front and back, and move through the water on the front or back.

**Pre-School 1**



By the end of Pre-School 3, children aged 3-5 years (with minimal adult support based on child's needs) can enter the water from a sitting position, demonstrate alphabet shapes while floating on front and back, paddle through the water, blow bubbles with mouth and nose underwater, push off on the front or back, perform a log roll, and list two pool safety rules.

**Pre-School 3**

By the end of Pre-School 2, toddlers aged 18-36 months (with adult support based on toddler's needs) can enter and exit the water safely, splash water over the body, blow bubbles, float on front and back, move through the water on front and back, and perform a log roll.

**Pre-School 2**



## Junior Aquatics Academy (4-8yrs)

By the end of Junior 1, swimmers can enter the water safely using two methods, push off the wall on front and back, rotate 360 degrees, perform alternating and simultaneous action of arms and legs, blow bubbles with face underwater, and identify who can keep them safe in the water.

**Junior 1**



By the end of Junior 4, swimmers can perform a forward fall to enter the water safely, float in various positions, rotate 360 degrees, perform the four strokes with emphasis on kick, and tread water for 15 seconds.

**Junior 4**

By the end of Junior 2, swimmers can perform the in-water diving skills, are introduced to streamlining, will develop their floatation, body position, kick, arm action and breathing, can identify pool equipment and list safety rules.

**Junior 2**



By the end of Junior 3, swimmers can jump into the water safely, float on front and back, submerge fully under the water, push, and glide, perform simultaneous and alternating kick and arm action, and demonstrate how to seek help in an emergency.

**Junior 3**



## Senior Aquatics Academy (7-13yrs)

By the end of Senior 1, swimmers can perform a sitting dive to enter the water safely, push and glide into the four strokes with emphasis on kick and arm action, have developed breathing as part of rotation, and tread water for at least 30 seconds.

**Senior 1**



By the end of Senior 5, swimmers can perform a grab dive to enter the water safely from poolside, the four strokes and turns efficiently, and will achieve Rookie Lifeguard Bronze Stage 3.

**Senior 5**

By the end of Senior 2, swimmers can perform a tuck roll to enter the water safely, the four strokes efficiently with emphasis on breathing, and tread water wearing clothing.

**Senior 2**

By the end of Senior 4, swimmers can perform a lunge and plunge dive to enter the water safely, the four strokes efficiently at changing paces, have developed turns, and will achieve Rookie Lifeguard Bronze Stage 2.

**Senior 4**

By the end of Senior 3, swimmers can perform a kneeling dive to enter the water safely, the four strokes efficiently at a controlled pace, have been introduced to turns, and will achieve Rookie Lifeguard Bronze Stage 1.

**Senior 3**

