PROGRAM PROGRESSIONS

Infant



Starfish 6-12 mths

- Water familiarisation
- First aquatic experiences
- Introduction to floating
- Steps towards submersion
- Foundations in arm and leg movement



Periwinkle 12 mths - 2 yrs

- Increasing water confidence
- Foundations in aquatic skills
- Entries and return to safety
- Submersion confidence
- Front & back basic kick



Minnow 2-3 yrs

- Building aquatic independence
- Encouraging self-rescue
- Independent floating and submersion
- Push & glide skills
- Kick and paddle skills



3 yrs - school age Preschool



Tadpole

- Introduction to basic aquatic skills
- Foundations in water safety and rescue
- Recovering from float positions
- Torpedoes
- Introduction to freestyle actions



Goldfish

- Stroke Development
- Building on aquatic confidence
- Extended breath control
- Rescue experience
- Freestyle & backstroke basics





- Building aquatic endurance
- Stroke Refinement
- Freestyle & backstroke
- Foundations in breaststroke and butterfly
- Self-preservation sequences





Octopus

- Developing basic aquatic skills
- Foundations in water safety and rescue
- Recovering from float positions
- Torpedoes
- Freestyle & backstroke basics



Sardine

- Stroke Development
- Building on aquatic confidence
- Rescue experience
- Freestyle & backstroke basics
- Self-preservation sequences



Salmon

- Extending underwater skills
- Variety of safe water entries
- Freestyle & backstroke refinement
- Breaststroke basics
- Foundations in Survival backstroke



Tuna

- Building aquatic endurance
- Stroke Refinement
- Working towards & beyond 25m
- Open water simulation skills
- Advanced sculling & treading



Dolphin

- Perfecting aquatic skills
- Simulated open water experience
- Endurance for all strokes
- Working towards & beyond 50m
- Advanced water safety skills



Shark

- Encouraging swimming for fitness
- Extensive water safety practices
- Extended stroke endurance
- Working towards and beyond 100m
- Incident to recovery open
- water simulation





Swimming Lessons with the Y

