

<b>Jellyfish- (Parent in Water)</b> Skills Learnt	<b>Stingrays</b> Assessment Criteria – Transition Advanced Water Confidence	<b>Dolphins</b> Assessment Criteria - Beginner School Age	<b>Sharks</b> Assessment Criteria - Advanced School Age	<b>Non-Competitive Fitness</b>
<p>Swimmer Progresses by age.</p> <p><b>Jellyfish Babies Stage 2 (6-12m)</b></p> <ul style="list-style-type: none"> <li>• Safe Entry and Exits – Parent Guided</li> <li>• Verbal Cues</li> <li>• Water Familiarization</li> <li>• Supported Front Float</li> <li>• Supported Back Float</li> </ul> <p><b>Jellyfish Babies Stage 3 (12-24m)</b></p> <ul style="list-style-type: none"> <li>• Safe Entries and Exits – Assisted</li> <li>• Verbal Cues</li> <li>• Water Familiarization</li> <li>• Supported Front Float</li> <li>• Supported Back Float</li> <li>• Supported Submersion</li> <li>• Froggy Arm Action</li> </ul> <p><b>Jellyfish Tots Stage 4 (24-36m)</b></p> <ul style="list-style-type: none"> <li>• Safe Entries and Exits – Guided</li> <li>• Assisted Front Float</li> <li>• Assisted Back Float</li> <li>• Confidence With Submersion</li> <li>• Assisted Under Water U Turn</li> <li>• Froggy Arm Action and Kick</li> <li>• Paddle Arm Action</li> </ul>	<p>Transition onto stroke development.</p> <p>To complete a level – the swimmer must be able to:</p> <p><b>Gliding Stingrays.</b></p> <ul style="list-style-type: none"> <li>• ¼ turn entry and exits</li> <li>• Confidence submerging to retrieved object from pool floor.</li> <li>• Unassisted streamline glides</li> <li>• Correct kick with board-front and back</li> <li>• Streamline kick on front.</li> <li>• Assisted Streamline kick on back.</li> <li>• Introduction to arm strokes.</li> <li>• Introduction to Assisted butterfly body action.</li> <li>• Assisted seated dives.</li> </ul>	<p>To complete a level – the swimmer must be able to:</p> <p><b>Water Confidence Dolphins</b></p> <ul style="list-style-type: none"> <li>• Safe Entries and Exits</li> <li>• Confidence in Independent Movement Around the Pool</li> <li>• Confident Independent Submersion</li> <li>• Unassisted Front Floats</li> <li>• Assisted Back Floats</li> <li>• Assisted Kicking on Back.</li> <li>• Assisted Kick on Front</li> <li>• Assisted Jump into the Pool</li> </ul> <p><b>Junior Dolphins</b></p> <ul style="list-style-type: none"> <li>• Safe ¼ Turn Entry</li> <li>• Unassisted Streamline Glides</li> <li>• Streamline Kick on Front</li> <li>• Streamline Kick on Back</li> <li>• Assisted Freestyle</li> <li>• Assisted Backstroke</li> <li>• Assisted Horizontal Rotation</li> <li>• Assisted Butterfly Body Action</li> <li>• Assisted Seated Dive</li> </ul> <p><b>Intermediate Dolphins</b></p> <ul style="list-style-type: none"> <li>• Safe ¼ Turn Entry</li> <li>• Streamline Kick on Front and Back</li> <li>• 6m Freestyle – Unassisted</li> <li>• 6m Backstroke – Unassisted</li> <li>• Horizontal Rotation – Unassisted</li> <li>• Sculling – Assisted</li> <li>• Butterfly Body Action – Unassisted</li> <li>• Assisted Introduction to Breaststroke Kick</li> <li>• Seated Dives</li> </ul>	<p>To complete a level – the swimmer must be able to:</p> <p><b>Junior Sharks</b></p> <ul style="list-style-type: none"> <li>• Breathing Drills</li> <li>• 10m Freestyle with Bilateral Breathing</li> <li>• 10m Backstroke with Rotation</li> <li>• Breaststroke arm and kick action</li> <li>• Butterfly Body</li> <li>• Butterfly Arm Action</li> <li>• Sculling Headfirst and Feet First</li> <li>• Kneel/ Crouch Dive</li> </ul> <p><b>Intermediate Sharks</b></p> <ul style="list-style-type: none"> <li>• Breathing Drills</li> <li>• 15m Freestyle – Bilateral Breathing</li> <li>• 15m Backstroke with Rotation ‘</li> <li>• 10m Breaststroke with Breath Action</li> <li>• 10m Butterfly with Arm and Kick Action</li> <li>• 15m Sculling – Feet and Headfirst</li> <li>• Introduction to Treading Water</li> <li>• Forward Flip</li> <li>• Assisted Stand Dives</li> </ul>	<p>To complete a level – the swimmer must be able to:</p> <p><b>Non-Competitive Fitness</b></p> <ul style="list-style-type: none"> <li>• Build Fitness in All Strokes</li> <li>• Drills</li> <li>• Tumble Turns</li> <li>• Dives</li> <li>• Water Safety Activities</li> </ul> <p><b>Water Safety</b></p> <ul style="list-style-type: none"> <li>• 50m Non-Stop swim</li> <li>• Reach rescue.</li> <li>• Tread Water 5min</li> <li>• Throw rescue.</li> <li>• Non-contact rescue</li> <li>• Contact rescue.</li> <li>• Spinal rescue</li> <li>• Fit a lifejacket.</li> <li>• Fit a lifejacket in deep water.</li> <li>• H.E.L.P position</li> <li>• Huddle</li> <li>• Boat Safety</li> </ul>

### Jellyfish Pre-schoolers Stage 5 (36-42m)

- Safe ¼ Turn Entry
- Assisted and Unassisted Front Float
- Assisted Back Float
- Streamline Glide on Front
- Assisted Kick on Front
- Assisted Kick on Back
- Froggy and Paddle arm Actions
- Unassisted U Turn to Swim to Safety
- Confidence in Guided Jumps into the Pool

### Advanced Dolphins

- Introduction to Roll to Breathe
- 6-9m Freestyle with Correct Breath Technique
- 6-9m Backstroke
- Breaststroke Kick Action
- Breaststroke Arm Action
- Sculling Headfirst
- Assisted Kneel/ Crouch Dives

### Advanced Sharks

- 25m Freestyle
- 25m Backstroke
- 15m Breaststroke – Correct Timing
- 15m Butterfly – Correct timing
- Survival Backstroke
- 25m Sculling – Feet and Headfirst
- Tread Water 3 Minutes
- Assisted Tumble turns
- Stand Dives

### Master Sharks

- 50m Freestyle
- 50m Backstroke
- 25m Breaststroke
- 25m Butterfly
- Sidestroke
- Survival Backstroke
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- All Tumble Turns
- Tread Water for 5min
- Race Start Dives

