

SWIM SCHOOL

Levels of Achievements

WATER BABIES 4months – 3 years

STARplex Water Babies' Program offers three levels of participation:

- 4 to 6 months
- 6 to 18 months
- 18 months to 3 years

1. Waterbabies (4 to 6 months)

- Water safety instruction
- Develop a love of water
- Social skills
- Back float with assistance
- Reaching for objects
- Maintain baby's grasp reflex



2. Waterbabies (6 to 18 months)

- Water safety instruction
- Water familiarity
- Submersion
- Safely jumping into pool
- Back floats
- Blowing bubbles



3. Waterbabies (18 months to 3 years)

- Water safety instruction
- Independent swimming with/without floats
- Floating, front and back
- Climbing out of pool
- Wall turns
- Safety slide in



PRE-SCHOOL 3 years – 4 years

Ask us any time about your child's progress...

4. Goldfish

- Enter and exit the water safely
- Happily submerge
- Demonstrate propulsion using legs
- Swim with a good head position
- Attempt a safety jump



5. Jellyfish

- Enter and exit the water safely
- Torpedo the STARplex way
- Happily lay back in the water
- Dive down head first to retrieve a toy
- Achieve a mushroom float
- Achieve a safety jump in the small pool



6. Seahorses

- Slide in entry
- Swim 6 metres freestyle the STARplex way
- Swim 6 metres backstroke kicking the STARplex way
- Attempt a squatting dive with or without assistance
- Achieve a safety jump in the main pool
- Treading water for 5 seconds



SCHOOL AGE 5 years +

7. Penguins

- Enter and exit the water safely
- Torpedo the STARplex way
- Float on your back without an aid
- Submerge and pick up a toy
- Attempt a safety jump
- Mushroom float



8. Yabbies

- Slide-in entry
- Swim 10 metres Freestyle the STARplex way
- Swim 10 metres Backstroke kicking the STARplex way
- Confidently roll to breathe during Freestyle swim
- Dive down head first with or without assistance
- Achieve a safety jump
- Tread water for 5 seconds



10. Turtles

- Swim 10 metres Breaststroke
- Swim 10 metres Freestyle
- Swim 10 metres Backstroke
- Swim 10 metres Butterfly kick
- Crouching dive from the pool edge
- Tread water for 30 seconds



9. Stingrays

- Swim 10 metres Freestyle with correct breathing
- Swim 10 metres Backstroke
- Squatting dive from the pool edge
- Tread water for 10 seconds



11. Sharks

- Swim 50 metres Freestyle
- Swim 50 metres Backstroke
- Swim 50 metres Breaststroke
- Swim 25 metres Butterfly (intro)
- Standing Dive off the blocks
- Swim 150m Freestyle/Backstroke/Breaststroke combination with Turns



Swimmers who have completed our Swim School top level (Sharks) & wish to move into a competitive path, ask about our **Squad Program** and joining our **STARplex Swim Club**.

Swim Squad

Continued Swimming Pathways

1. Rising Stars

2. Fitness Squad

3. State Development Squad

4. State Squad

5. National Development Squad

6. National Squad

Competitive Stream...Stages 3 - 6 STARplex Swim Club Membership Compulsory for these levels.

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