

Pre School 3-5 Years

Courage 1 (with parents)



- Entries and exits
- Crab crawling along pool edge
- Assisted back float
- Blow bubbles
- Attempt to submerge face in water
- Balancing in water using a range of floatation aids
- Move legs and arms in water

Courage 4



- Back torpedo 3m
- Front torpedo 3m
- Swim through a submerged obstacle
- Slide in entry
- Submerge and recover object
- Questions on Water Safety

Courage 2



- Enter and exit water unaided
- Face in water
- Kicking with a floatation aid
- Crab crawling
- Assisted back float
- Submersion with bubbles

Courage 5



- Swim 5m freestyle
- Swim 5m backstroke
- Demonstrate side breathing
- Tread water for 30 sec aided
- Submerge and swim through obstacle
- Jump into deep water and return to edge
- Questions on Water Safety

Courage 3



- Entries and exits
- Back and front float unassisted
- Submerge to retrieve object
- Deep water float with aid
- Kicking with an aid front and back
- Blow bubbles face submerged