

LEARN TO

Swim

PROGRESSION CHART

PARENT AND CHILD | LITTLE WONDERS

LITTLE WONDERS 1 → LITTLE WONDERS 2 →

6 – 12 months

- ✓ Parental education on techniques for holds and support, floating, movement and preparation for submersion
- ✓ Safe entries and exits with parental assistance
- ✓ Assisted hand walking along pool edge
- ✓ Floating and glides on front and back with parental assistance
- ✓ Understanding body orientation and rotation skills
- ✓ Demonstrate splashing arms and legs
- ✓ Introduction to kicking action, paddling arms and blowing bubbles
- ✓ Submersion from teacher to parent
- ✓ Development of water familiarisation and confidence

12 – 24 months

- ✓ Parental education and discussion around the dangers associated with water and measures to prevent emergency incidents
- ✓ Safe entries and exits with parental assistance
- ✓ Assisted hand walking along pool edge with use of feet on wall
- ✓ Front and back floating with buoyant aid
- ✓ Understanding body orientation and rotation skills in the water
- ✓ Assisted glides to pool edge
- ✓ With parental/carer support, kicking on front and back with paddling arms and voluntary leg movements
- ✓ Attempt to blowing bubbles
- ✓ Assisted submersion to a secure position

LITTLE WONDERS 3 → LITTLE WONDERS 4 →

2 – 3 yrs

- ✓ Educating and promoting parents about Keep Watch actions: Supervise, Restrict, Teach and Respond
- ✓ Independently demonstrate safe entries and exits
- ✓ Floating on back with ears in waters for 5 seconds
- ✓ Floating on front with face in the water
- ✓ With parental/carer support, kicking on front and back with paddling arm movements and blowing bubbles
- ✓ Submerge underwater to retrieve an object

3 – 5 yrs

Parents are not required in water

- ✓ Encouragement of independent participation and recognition of achievements
- ✓ Willingness to demonstrate skills without parent/carer assistance
- ✓ Demonstration of active listening and following instructions and cues from the teacher
- ✓ Independently demonstrate safe entries and exits and hand walking on pool edge to exit
- ✓ Front and back floating
- ✓ Push and gliding action on front and back with teacher assistance
- ✓ Kicking on front and back with paddling arms and blowing bubbles
- ✓ Opening of eyes underwater, blowing bubbles and retrieving an object



PRE SCHOOL & SCHOOL AGED

LEVEL 01 →

Pre-school 3-5 yrs & School Aged 5+ yrs

- ✓ Identifying where water hazards and dangers can be found around the home
- ✓ Safe entries and exits
- ✓ Front and back floating with aid
- ✓ Front and back gliding
- ✓ Kicking on front and back with aid
- ✓ Swimming continuously for 3m with arms and legs
- ✓ Submersion and underwater bubbles
- ✓ Identifying people who can help in an emergency

LEVEL 02 →

Pre-school 3-5yrs & School Aged 5+yrs

- ✓ Understanding dangers around the home and in the aquatic environment
- ✓ Slide in entry and exit
- ✓ Front and back floating
- ✓ Treading water with aid
- ✓ Gliding on front and back, kick and recover
- ✓ 5m basic freestyle
- ✓ Underwater skills
- ✓ Water safety, survival skills and knowledge including floating whilst wearing a life-jacket
- ✓ Be pulled to safety

LEVEL 03 →

Pre-school 3-5 yrs & School Aged 5+ yrs

- ✓ Understanding rules, hazards and safe behaviour at home and in aquatic environments
- ✓ Fall in entry and recover
- ✓ Back floating and treading water for 30 secs
- ✓ 10m freestyle with side breathing
- ✓ 5m backstroke
- ✓ 5m survival backstroke
- ✓ Underwater skills
- ✓ Water safety, survival skills and knowledge



SCHOOL AGED

LEVEL 04 →

5+ yrs

- ✓ Identifying aquatic environments
- ✓ Step in Entry
- ✓ Front and back float in deep water
- ✓ Body orientation and rotation skills
- ✓ 15m freestyle
- ✓ 15m backstroke
- ✓ 10m survival backstroke
- ✓ 10m breaststroke kick
- ✓ Surface dives and underwater skills in shoulder deep water
- ✓ Water safety, survival skills and knowledge

LEVEL 05 →

5+ yrs

- ✓ Compact jump
- ✓ Head-first and feet-first sculling
- ✓ 25m freestyle
- ✓ 25m backstroke
- ✓ 15m survival backstroke
- ✓ 15m basic breaststroke
- ✓ Water safety, survival skills and knowledge
- ✓ Recognising and supporting an emergency

LEVEL 06 →

5+ yrs

- ✓ Identify and describe hazards in an aquatic environment
- ✓ Stride in entry
- ✓ Float, scull or tread water for 1 minute
- ✓ 50m freestyle
- ✓ 50m backstroke
- ✓ 25m survival backstroke
- ✓ 25m breaststroke
- ✓ 10m dolphin kick
- ✓ Surface dives and underwater skills in deep water
- ✓ Survival sequences and reach and throw rescues

LEVEL 07 →

5+ yrs

- ✓ Understanding and following safety rules for aquatic environments
- ✓ Dive in entry
- ✓ 75m freestyle
- ✓ 75m backstroke
- ✓ 50m survival backstroke
- ✓ 50m breaststroke
- ✓ Surface dive, 3m underwater swim and search
- ✓ In depth discussion about survival skills and water safety knowledge
- ✓ Perform throw rescues 10m and a survival sequence wearing light clothing

LEVEL 08 →

5+ yrs

- ✓ The ability to explain water safety signage
- ✓ Fit a life-jacket in the water
- ✓ 100m freestyle
- ✓ 100m backstroke
- ✓ 75m survival backstroke
- ✓ 75m breaststroke
- ✓ 15m sidestroke
- ✓ Tumble Turn
- ✓ Water safety and survival skills, including rescue initiative scenarios

LEVEL 09 →

5+ yrs

- ✓ Explore how to participate safely in a range of aquatic activities
- ✓ 150m freestyle
- ✓ 100m survival backstroke
- ✓ 100m breaststroke
- ✓ 10m basic butterfly
- ✓ 25m sidestroke
- ✓ Perform Wade rescues 15m and a survival sequence wearing life-jacket

LEVEL 10 →

5+ yrs

- ✓ Understand and access a range of aquatic risks
- ✓ 200m freestyle
- ✓ 200m continuous swim: incl. 1 swimming stroke and 2 survival strokes
- ✓ 10m butterfly
- ✓ 50m sidestroke
- ✓ Water safety scenarios and survival skills in a group setting
- ✓ Accompanied rescues

LEVEL 11 →

5+ yrs

- ✓ Understand personal abilities and limitations that affect safety in and around water
- ✓ Float, scull or tread water for 5 minutes
- ✓ Timed swims
- ✓ 250m continuous swim: incl. 2 swimming stroke and 2 survival strokes
- ✓ 5-25m butterfly
- ✓ 100m sidestroke
- ✓ Search in deep water
- ✓ Rescue initiate scenario 15m
- ✓ Survival sequence in heavy clothing



Swimming and Water Safety Skills for life!



WAVES LEISURE CENTRE
 t 9559 7111
 e waves@kingston.vic.gov.au
 111 Chesterville Rd Highett

**KINGSTON
ACTIVE**



KINGSTONACTIVE.COM.AU