



Let's do this.

On your child's swimming journey we will teach them the right technique, in the right environment, with the best people, enabling them to swim strongly, make friends and have fun. We have put this together to show you all the wonderful milestones your child will go through from Level 1 to their graduation at Level 6.

LET'S GET WET

At Level **1** we're...

Happy getting our faces wet

Independently and confidently jumping in

Swimming safely on seahorses



making friends for life



LET'S BUILD CONFIDENCE

At Level **2** we're...

Swimming 10m distance

Treading water for 10 to 15 seconds

Confident in water without a teacher



leading a healthy lifestyle

LET'S BE BRAVE

At Level **3** we're...

Swimming 25m Front Crawl

10m independent Backstroke

Perform a sequence of changing shapes whilst floating at the surface



going to swimming parties without parents

Have to be able to swim 50m



LET'S GO FURTHER

At Level **4** we're...

Swimming 50m Front Crawl

Confident at 5m Butterfly

Acing Backstroke



LET'S GET SKILLFUL

At Level **5** we're...

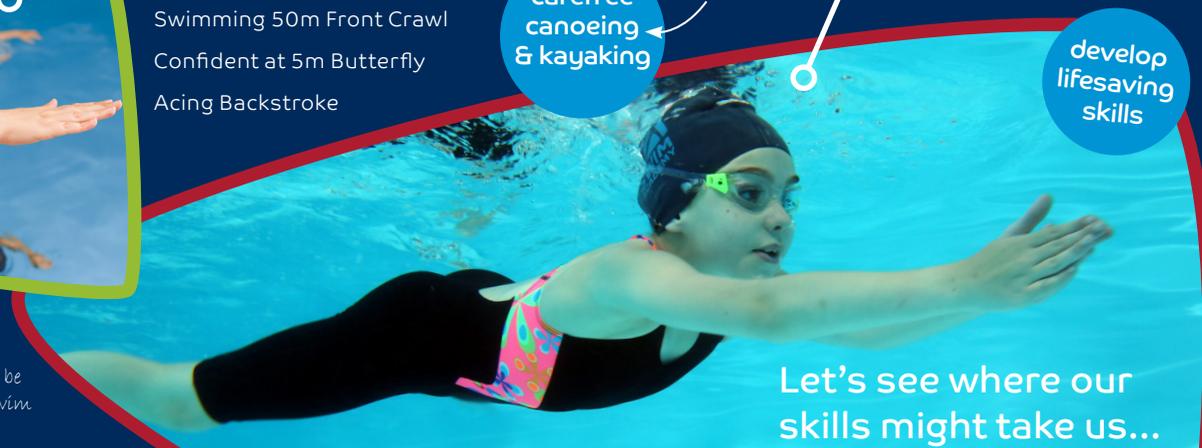
Confident at 75m Front Crawl

Swimming 10m wearing clothes

Nailing 10m Breaststroke

carefree canoeing & kayaking

Have to be able to swim 100m



Let's see where our skills might take us...



open water swimming

confidence and skills to try something new



LET'S BE AWESOME

At Level **6** we're...

Swimming 100m using three different strokes

Diving in from a sitting position

25m Backstroke

develop lifesaving skills