GOSWIM | SWIMALIS

Infants



Level 1

STARFISH 6-12 months

Skills:

- Understanding skill, comfort and the role of the parent or carer
- Safe entries and exits
- Supported Holds
- Readiness and cueing (name, ready
- Supported vertical rotation
- Supported glides from one to another
- Use of flotation aids (supported)
- Safety and supervision

Parent or Carer participation in the water



Level 2

OCTOPUS

12-24 months

Skills:

- Understanding skill, comfort and the role of the parent or carer
- Safe entries and exits
- Student development milestones on land; relating and using them in water
- Increased independence
- Improving breath control
- Use of flotation devices (assisted)
- Assisted holds
- Assisted submersions when ready

Parent or Carer participation in the water



Level 3

SEA TURTLE 2+ years

Skills:

- Understanding skill, comfort and the role of the parent or carer
- Safe entries and exits
- Student follows independently
- Independent kicking and arm action
- Improved buoyancy and balance skills
- Increased breath control
- Moves along wall independently
- Use of flotation devices (independent)
- Jump in and returns to the edge

Parent or Carer participation in the water

Preschool



Level 4

SEAHORSE

3+ years

Skills:

- Improved Water confidence
- Practice front and back floating
- Personal water safety awareness and self-preservation
- Basic buoyancy, propulsion and
- Learning breath control and personal safety
- Pool and water safety discussion

• Independent water confidence and

• Demonstrate safe entries and exits

• Personal water safety awareness

• Independent buoyancy, propulsion,

• Independent water confidence and

• Personal water safety awareness

• Self-preservation and survival skills

• Independent buoyancy, propulsion,

• Streamline body positioning

• Arm and leg movement toward

• Breath control/breathing skills

• Self-preservation skills including

Parent or Carer observing from side

water familiarisation

personal safety

floatina

Skills:

and mobility

Parent or Carer observing from side

and mobility

water familiarisation

recognisable stroke

Learning breath control and

Skills:



Level 5 PENGUIN

Level 6

- Practice safe entries and exits

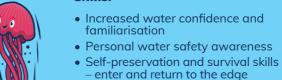


Level 7

ELLYFISH

Level 8 **PLATYPUS**

Primary Skills:



- Independent buoyancy, propulsion and mobility with aids
- Practice streamlined body positions
- Demonstrate arm and leg movements working towards a recognisable stroke for freestyle and backstroke

- Skills:
- Entry and exits relevant to a pool
- Develop an awareness of aquatic environments and describe the characteristics of each
- Explore body rotation / balance
- Recover an object from deep water without goggles
- Body awareness freestyle and backstroke patterns
- Safe crouching dive
- Self-preservation skills

Skills:

- Peer based lessons working within a group/team
- Safety around different aquatic environments including the home and public pools
- Introduce rescue safety selfpreservation
- Jump into deep water and return to the edge • Balance & rotation – body awareness
- Submerge and retrieve an object from the bottom



Level 10

MARLIN

Skills:

- Introduction to the patterns for breaststroke and butterfly
- Aware of use and personal safety elements of a compact jump entry
- Aware of rescue sequences & capable of selecting an appropriate rescue aid
- Aware of personal safety & risk elements associated with peer pressure
- Self-preservation skills
- Swim wearing long pants and a long sleeve shirt

Level 9 SEAL

Skills:

- Awareness of two safe entries & exits • Knowledge of pool area and other
- aquatic environments • Personal water safety awareness
- Simulated open water experience
- Self-preservation
- Fit a life jacket enter the water and float then exit
- Surface dive and recover an object from deep water 1.2 – 1.5m
- Sitting dive followed by push and glide steering up.



Level 12 ORCA

Skills:

- Aware of the timing for swimming breaststroke and butterfly
- Aware of a range of open water environments, common activities, as well as risk & personal safety aspects
- Awareness of personal competence
- Aware of demands and impact to personal competency for a range of open water environments
- Can articulate knowledge and understanding of rips and currents, and what to do if ever stuck in a rip current.
- Swim an individual medley



Level 13

GOswim Academy 1

Parent or Carer observing from side

- Demonstrate different water entry and exit methods based on different scenario and water environment
- Practice being able to swim different strokes at different speeds. Work out which stroke and speed is required to get to a finishing point in a desired time
- Practice being in a position of danger, be able to analyse the surroundings and select the method to navigate obstacles in order to reach a point of safety
- Be able to reflect on their own current level of competency and be able to select a target that is attainable within the selected timeframe, with a knowledge of how to achieve it.

Level 14 GOswim Academy 2

- Develop the ability to recognise their current endurance level for each stroke and therefore be able to suitably select a stroke in which to swim to reach the desired destination
- Practice using an aquatic skill that can be converted or utilised in another aquatic discipline (e.g. water polo)
- Practice performing racing skills. Understanding the rules for the event and how to best to maximise their own performance
- Be able to analyse their own current swimming ability and select an area of improvement with an understanding of how to achieve it.
- Swim 400m using a variety of nominated strokes





