

Swim Star Swim School ... Journey from Beginning to End

Certificates are given when the child achieves their current level and progress to the next level

Tadpole Beginner Level Achievements:

I am learning to: Enjoy the water, float on my front, float on my back and go under the water

Tadpole Intermediate Level Achievements:

I am learning to: Enjoy the water, float on a noodle on my front, monkey, monkey on the wall, float on my back and submerge from my parent to my tutor and back

Tadpole Advanced Level Achievements:

I can: Float on my back, float on a noodle by myself, monkey, monkey on the wall to the ladder and jump into the water and turn back to the wall

Frogs Level Achievements:

I can: Use two boards to float on my front and back and tip water over my head

I am learning to: Enjoy the water, put my face in the water and pick up toys from the bottom of the pool

Ducklings (preschool) and Ducks (school age) Level Achievements:

I can: Make a balloon face, put my eyes in the water and pick up toys from the bottom of the pool

I am learning to: Kick on two boards with my face in the water

I have passed ASTA Level One

Mini Croc Beginner (preschool) and Croc Beginner (school age) Level Achievements

I can: Float on my front with my eyes in the water

I am learning to: Float on my back

When I reach this class I need to bring in my Passport to get my Submerged Sticker

Mini Croc Intermediate (preschool) and Croc Intermediate (school age) Level Achievements

I can: Float on my front for 5 metres

I am learning to: Roll from my front to my back, move my arms and float on my back

When I reach this class I need to bring in my Passport to get my Floating Sticker

Mini Croc Advanced (preschool) and Croc Advanced (school age) Level Achievements:

I can: Float on my front, float on my back, roll from my front to my back, perform freestyle arms and scull on my back

I am learning to: Swim backstroke

I have passed ASTA Level Two

Mini Clownfish (pre school) and Clownfish (school age) Level Achievements:

I can: Swim 10 metres Freestyle with a board (2 bubble arms and rolling to take a breath) and swim 10 metres Backstroke with or without a board

I am learning to: Swim 15 metres Freestyle without a board

When I reach this class I need to bring in my Passport to get my 5 Metre Swim Sticker

Inanga Beginner Level Achievements:

I can: Swim 15 metres Freestyle with a board (2 bubble arms and rolling to take a breath) and swim 15 metres Backstroke without a board

I am learning to: Swim 15 metres freestyle without a board, breaststroke arms and kick and scull 15 metres

Inanga Advanced Level Achievements:

I can: Swim 15 metres Freestyle, swim 15 metres Backstroke and scull 15 metres without kicking

I have learnt: Breaststroke arms and legs

I have passed ASTA Level Three

Hectors Level Achievements:

I can: Swim 25 metres Freestyle and swim 25 metres Backstroke

I am learning to: Dive safely, dolphin body action and swim Breaststroke

When I reach this class I need to bring in my Passport to get my 15Metre Swim Sticker

Dolphins Level Achievements:

I can: Swim 25 metres Freestyle, swim 25 metres Backstroke and swim 25 metres Breaststroke

I am learning to: Tread water for 1 minute and swim 15 metres survival backstroke

I have passed ASTA Level Four and I need to bring in my Passport to get my 25 Metre Swim Sticker

Orca Beginner Level Achievements:

I can: Swim 50 metres Freestyle, swim 50 metres Backstroke and swim 50 metres Breaststroke

I am learning: Turns and starts and swimming drills

Orca Intermediate Level Achievements:

I can: Swim 100 metres Freestyle, swim 100 metres Backstroke and swim 75 metres Breaststroke

I am learning: Butterfly kick and arms

When I reach this class I need to bring in my Passport to get my 50 Metre Swim Sticker

Orca Advanced Level Achievements:

I can: Swim 800 - 1000 metres in my lesson and improving my technique in - Freestyle, Backstroke and Breaststroke

I am learning: Lane etiquette and Butterfly

I have achieved Water Safety SWIM FOR LIFE and I need to bring in my Passport to get my 100 Metre Swim and Survival Skills Sticker. When I pass this class I need to bring in my Passport to get my 200 Metre Swim Sticker

Orca Fit :

An advanced class for those wishing to continue improving technique. Pre swim-club introduction with participation in swim club carnival nights an option.

