

LEARN TO SWIM

Five stages, water confidence through to endurance. See the key below for how to mark progress once it's laminated.



Shade it in
already knew this before starting



Tick or add a sticker
learned it during this program

01 WATER CONFIDENCE

Getting comfortable, no propulsion yet



Comfortable putting face in the water



Blow bubbles underwater



Open eyes underwater



Float on back with support



Float on front with support



Jump into the pool (shallow end, supervised)

02 BASIC PROPULSION

Moving through the water unassisted



Kick with a kickboard, face in the water



Streamline glide off the wall



Unassisted front float, 5+ seconds



Unassisted back float, 5+ seconds



Roll from front to back and back again

03 FREESTYLE

Front crawl, from drill to distance



Kick and arm stroke together, no breathing



Arm recovery and hand entry technique



Side breathing using a kickboard



Full stroke: kick, arms, side breathing



Bilateral breathing, both sides



Swim 10m freestyle unaided



Swim 25m freestyle unaided

04 BACKSTROKE & SAFETY

A second stroke, plus core water safety



Backstroke arm technique



Backstroke kick and arms coordinated



Swim 10m backstroke



Tread water for 30 seconds



Safe entry and exit from the deep end

05 ENDURANCE & EXTRAS

Building stamina, range, and diving in



Breaststroke kick (frog kick)



Full breaststroke



Swim 50m freestyle without stopping



Swim 100m mixing strokes



Sitting dive from the edge



Kneeling dive



Standing compact dive



Standing dive, streamlined