



## School Age

### Beginner

**Duration:** 30 minutes

**Ratio:** Maximum 5

#### Achievable Goals

- Safe entry and exit
- Total submersion
- Unassisted front float and recovery
- Unassisted back float and recovery
- Independent U-Turns

### Confident Beginner

**Duration:** 30 minutes

**Ratio:** Maximum 6

#### Achievable Goals

- Front streamline glide
- Back glide – arms by side
- Front streamline kick
- Back kick – arms by side
- Deep water confidence

### Improver

**Duration:** 30 minutes

**Ratio:** Maximum 6

#### Achievable Goals

- Freestyle kicking with arms
- Backstroke kicking with arms
- Rotations – Horizontal and Vertical
- Dolphin Kick
- Breaststroke Kick

### Beginner Breather

**Duration:** 30 minutes

**Ratio:** Maximum 6

#### Achievable Goals

- Freestyle bilateral breathing
- Backstroke
- Drop down push off - front
- Breaststroke arms
- Forward rolls

### Intermediate Breather

**Duration:** 30 minutes

**Ratio:** Maximum 6

#### Achievable Goals

- Freestyle 25m
- Backstroke 25m
- Breaststroke breathing
- Drop down push off - back
- Butterfly – no breathing

### Advanced Breather

**Duration:** 30 minutes

**Ratio:** Maximum 6

#### Achievable Goals

- Freestyle 50m
- Backstroke 50m
- Breaststroke 25m
- Butterfly 16m
- Tumble turns