

Learn to Swim

Enrolment Guide

Little Wonders classes are based on age and must have an adult in the water

Little Wonders 01: 6 months - 1 year

Little Wonders 03: 2 years - 3 years

Little Wonders 02: 1 year - 2 years

Little Wonders 04: 3 years - 4 years

*Little Wonders 04 is a transition class for students to learn independence - activities may or may not include an adult but due to depth of program pool and safety considerations, parents must be in the water and at the ready

Level classes are based on experience, skill and ability of student. Students must be between 4 - 17 years to be enrolled in Levels. Each level has must see skills, if ANY answer is NO, enrol into that level, if the answers are both YES, move to the next level

Level 01:

- Can the student independently submerge (go underwater)?
- Can the student independently move through the water (up to 3m)?

Level 02:

- Can the student independently and comfortably float on front or back?
- Can the student swim 5m of freestyle (doesn't have to look good!)?

Level 03:

- Can the student independently tread water and/or float for 30 secs?
- Can the student swim 10m of freestyle and 5m of backstroke?

Level 04:

- Can the student float on front and back in deep water and recover?
- Can the student swim freestyle and backstroke for 15m each stroke?

Level 05:

- Can the student swim breaststroke for 15m?
- Can the student swim 25m of freestyle & backstroke for 25m each stroke?

Level 06:

- Can the student float, scull or tread water for 1 min (unaided)?
- Can the student swim freestyle and backstroke for 50m of each stroke?

Level 07:

- Can the student float, scull or read water for 2 mins (unaided)?
- Can the student swim freestyle and backstroke for 75m of each stroke?

Level 08:

- Can the student swim sidestroke for 15m (with correct kick)?
- Can the student any stroke for 100m continuously (no resting at ends)?

Level 09:

- Can the student swim freestyle for 150m continuously?
- Can the student swim butterfly for 10m (it doesn't have to look great!)?

Level 10:

- Can the student swim freestyle for 200m continuously?
- Can the student perform an accompanied rescue?

Level 11:

- Can the student swim 15-25m of butterfly?
- Can the student swim 250m continuously?

After Level 11, students can look to complete the Bronze Star then Bronze Medallion through LSV