

# AT LEOPOLD SWIM SCHOOL WE WANT YOUR CHILD TO BE A SAFE, HAPPY AND CONFIDENT SWIMMER.

What do you want your child to independently do in an aquatic environment?

WORKING TOWARDS THE FOLLOWING SKILLS...	IN AN AQUATIC ENVIRONMENT WITHOUT AN INSTRUCTOR YOU MAY SEE YOUR CHILD...
<b>LEVEL 1 BRONZE</b>	
<b>LEVEL 1 SILVER</b>	
<b>LEVEL 1 GOLD</b>	
Freestyle with basic breathing technique for a short distance Backstroke with basic technique for a short distance Doggie paddle to safety	Venture away from the pool edge out of their depth Doggie paddle a short distance independently Jump in deep water and resurface Go to waist depth in the ocean with parental supervision
<b>LEVEL 2 BRONZE</b>	
<b>LEVEL 2 SILVER</b>	
<b>LEVEL 2 GOLD</b>	
Freestyle breathing both sides Backstroke with correct entry and exit Survival backstroke with gliding Beginning breaststroke with correct timing Dolphin kick on front Begin tumble turns	Attempt to swim a limited number of laps of freestyle and backstroke Begin to compete in school swim carnivals Successfully attend a nipper program Swim in a river or beach with adult supervision
<b>LEVEL 3 GOLD</b>	
Develop efficient freestyle technique Develop efficient backstroke technique Develop efficient breaststroke technique with gliding Survival backstroke with effective gliding Introduce butterfly skills and timing Develop tumble turns in freestyle and backstroke	Begin to swim laps of freestyle, backstroke and breaststroke Jump off a diving board and resurface With adult supervision, confidently swim in the waves at the beach
<b>LEVEL 4 GOLD</b>	
Successfully swim continuous laps using correct freestyle, backstroke, survival backstroke and breaststroke Effectively use tumble turns to transition between laps during freestyle and backstroke	Confidently swim laps of freestyle, backstroke and breaststroke using effective technique Enjoy swimming as a form of exercise with family Enjoy a range of aquatic environments With adult supervision, swim in the ocean beyond the breaking waves
<b>SQUAD</b>	
Increase endurance and efficiency in the water using minimal energy. Swim fast with correct technique for racing. Develop butterfly technique Read a squad board, understand expectations and complete program.	Join a swimming club To compete in pool swimming, do bay swims or compete in surf lifesaving and triathlons Under lifeguard supervision, go to the pool with a friend Begin to trial ocean body surfing Can start any water sport and be confident Participate in a range of aquatic activities like swimming, surfing and ski Start surfing with a friend or in surfing lesson If confronted with a boating accident, remain afloat for a generous period of time or swim to safety

**HAS YOUR CHILD MEET YOUR SWIMMING EXPECTATIONS?**