

SLIDE-IN ENTRY

BREATH CONTROL

FLOATING

GLIDING

FLUTTER KICK

PROPULSION

SURVIVAL SKILLS

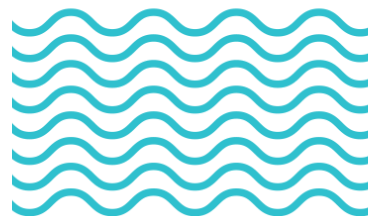
SWIM IT RIGHT

GRADE 1

Approx. duration: **1 term**

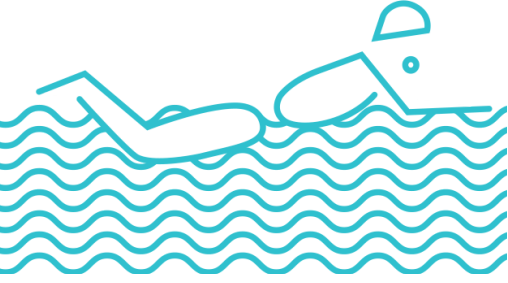
(1 term: 12 weeks)

Ready for: **SwimSafer Stage 1**



SWIM IT RIGHT

GRADE 2



STEP-IN ENTRY

SCULLING

BREASTSTROKE

SURVIVAL BACKSTROKE

FEET-FIRST SURFACE DIVE

SURVIVAL SKILLS

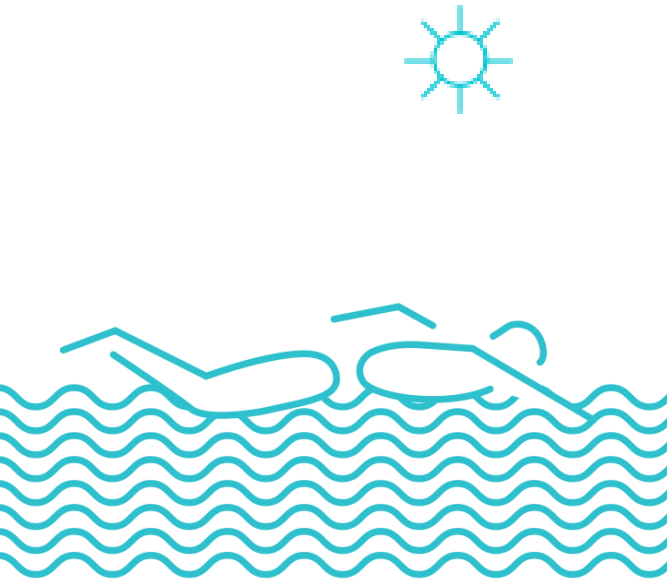
Approx. duration: **2 terms**
(1 term: 12 weeks)

Ready for: **SwimSafer Stage 2**



SWIM IT RIGHT

GRADE 3



STRADDLE ENTRY

SCULLING

FRONTCRAWL

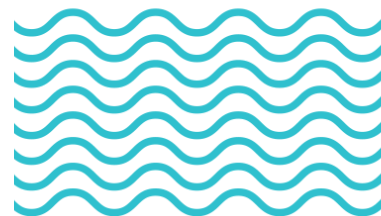
BACKSTROKE

UNDERWATER SKILLS

SURVIVAL SKILLS

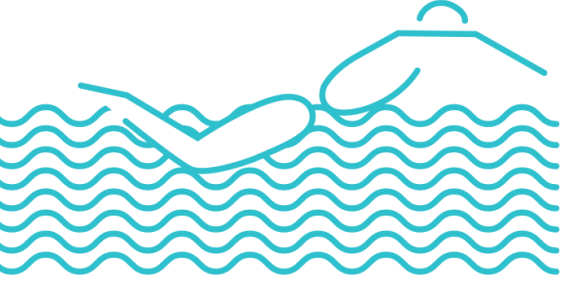
Approx. duration: **2 terms**
(1 term: 12 weeks)

Ready for: **SwimSafer Stage 3**



SWIM IT RIGHT

GRADE 4



COMPACT JUMP

SOMERSAULT

SIDESTROKE

UNDERWATER SKILLS

SURVIVAL SKILLS

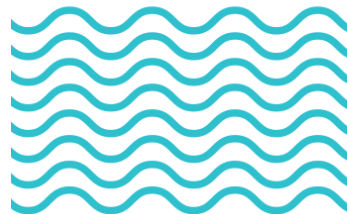
TREADING WATER

THROW RESCUE (FLOAT)

Approx. duration: **2 terms**

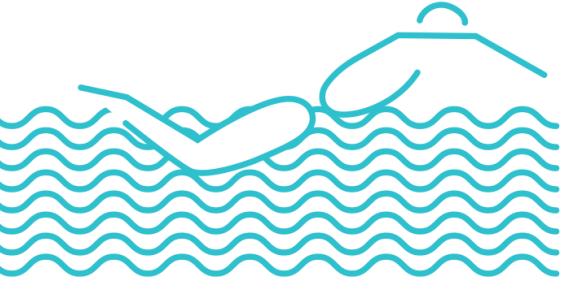
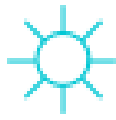
(1 term: 12 weeks)

Ready for: **SwimSafer Bronze**



SWIM IT RIGHT

GRADE 5



PLUNGE

STARTS & TURNS

BUTTERFLY

TIMED LAPS (ALL STROKES)

UNDERWATER SWIM

MAKE-A-FLOAT

THROW RESCUE (PFD)

Approx. duration: **2 terms**

(1 term: 12 weeks)

Ready for: **SwimSafer Silver/
Gold**

