



## BREATH CONTROL ON COMMAND

SONGS & ACTIVITIES

SLIDE-IN ENTRY

**SUBMERSION** 

**FLOATING** 

**GLIDING** 



Approx. duration: 1 term

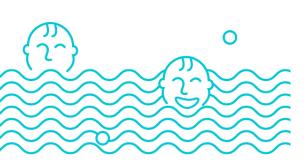
(1 term: 12 weeks)

Ready for: Toddler 2









LEG KICKING ACTION **SONGS & ACTIVITIES** ARM PADDLE ACTION FREE FLOATING - 10 METERS

Approx. duration: 1 term

(1 term: 12 weeks)

Ready for:

Learn-to-Swim Grade 1



