

# GRADES



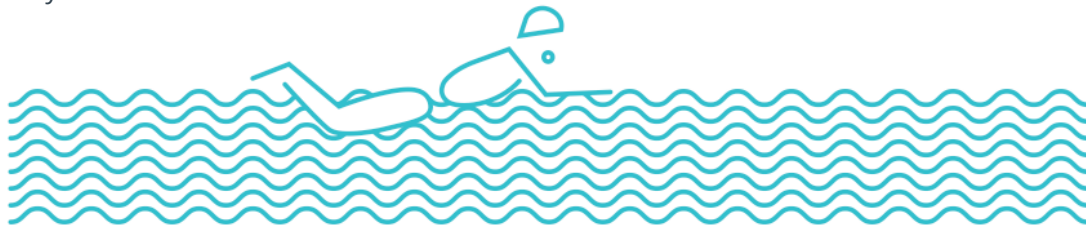
## Grade 1 - Fundamental

An essential beginner class to develop water confidence and water independence. Students will be taught crucial fundamentals such as breathing management and correct body positioning. These skills pave the way to swimming proficiency.

### Skills Taught

- 1 water entry technique
- breath control techniques
- body floatation techniques and recovery
- forward movement and recovery
- 2 survival skills

Ready For  
SwimSafer Stage 1



## Grade 2 - Developmental

The mastery of Breaststroke lies in the details. Through bite-sized drills, students will be taught position techniques. Combined with previous gliding skill learnt, students will perfect the stroke technique.

### Expect To:

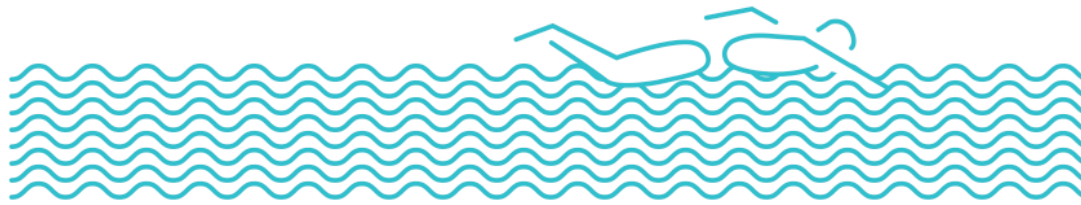
- Swim continuously without aid: 25m
- Learn breaststroke & survival backstroke

### Skills Taught

- 2 water entry techniques
- 2 body orientations
- 2 underwater skills
- 3 survival skills
- 2 lifesaving skills
- personal survival skills

Ready For  
SwimSafer Stage 2 &3





## Grade 3 - Progressive

The crux of this stage lies in the mastery of the efficient flutter-kick. Paired with the right body orientations and arm movements, students will be able to swim effortlessly. Upon completion, students will possess the crucial skills to pursue water activities such as diving and snorkelling.

Expect To:  
Swim continuously without aid: 50m  
Learn front crawl & backstroke

Skills Taught  
2 water entry techniques  
2 body orientations  
1 underwater skills  
1 survival skills  
4 lifesaving skills  
water craft safety

Ready For  
SwimSafer Bronze & Silver



## Grade 4 - Readiness

The elusive butterfly stroke is unforgiving of mistakes, and strength cannot compensate for technique. With Swim it Right, students will master this stroke and also pick up valuable survival skills, such as treading water.

Expect To:  
Swim continuously without aid: 100m  
Learn butterfly and sidestroke

Skills Taught  
3 water entry techniques  
2 underwater skills  
1 survival skill  
1 lifesaving skill  
starts and turns  
rescue initiatives and the plan of action  
individual medley  
medley relays

Ready For  
SwimSafer Gold

