

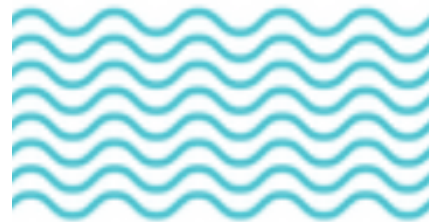
SWIM IT RIGHT

# GRADE 1



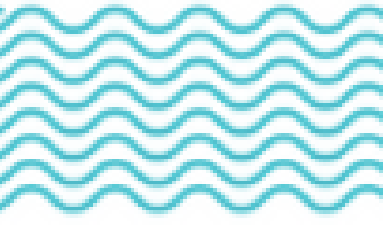
SLIDE-IN ENTRY  
BREATH CONTROL  
FLOATING  
GLIDING  
FLUTTER KICK  
PROPULSION  
SURVIVAL SKILLS

Duration: **1 term**  
(1 term: 11 - 13 weeks)  
Ready for: **SwimSafer Stage 1**



SWIM IT RIGHT

# GRADE 2



STEP-IN ENTRY

SCULLING

BREASTSTROKE

SURVIVAL BACKSTROKE

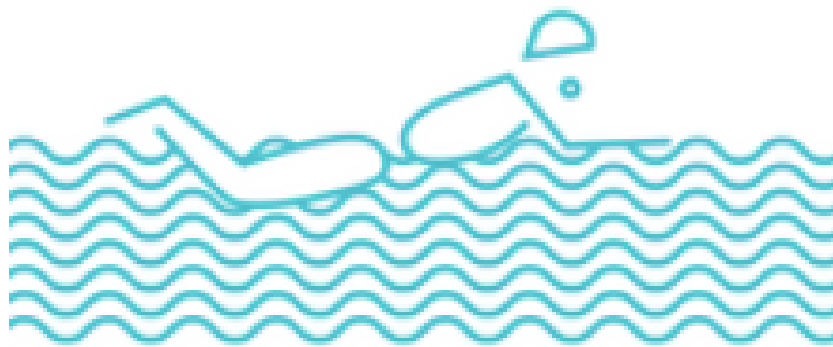
FEET-FIRST SURFACE DIVE

SURVIVAL SKILLS

Duration: **2 terms**

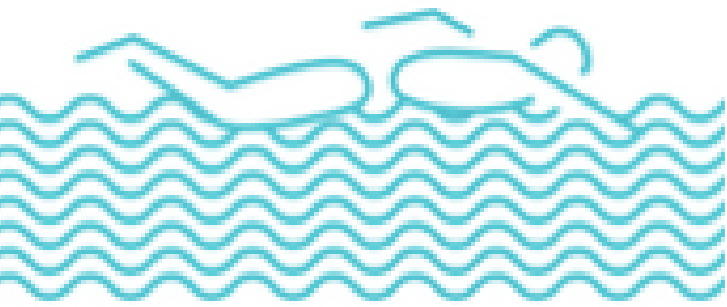
(1 term: 11 - 13 weeks)

Ready for: **SwimSafer Stage 2**



SWIM IT RIGHT

# GRADE 3



STRADDLE ENTRY

SCULLING

FRONTCRAWL

BACKSTROKE

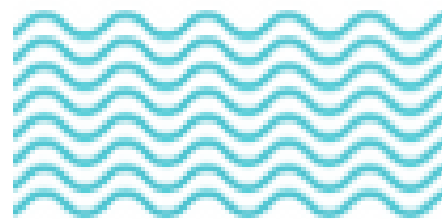
UNDERWATER SKILLS

SURVIVAL SKILLS

Duration: **2 terms**

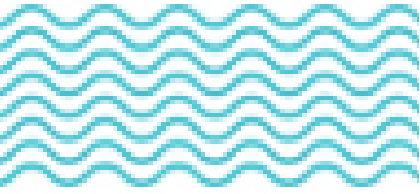
(1 term: 11 - 13 weeks)

Ready for: **SwimSafer Stage 3**



SWIM IT RIGHT

# GRADE 4



COMPACT JUMP & PLUNGE  
SOMERSAULT  
STARTS & TURNS  
SIDESTROKE  
BUTTERFLY  
UNDERWATER SKILLS  
SURVIVAL SKILLS  
TREADING WATER  
THROW RESCUE

Duration: **2 terms**

(1 term: 11 - 13 weeks)

Ready for: **SwimSafer**

**Stages Bronze, Silver & Gold**

