

Dragonz 1: 3-5 years



Parent/carer is required in the water until swim etiquette is established.

This includes:

1. Able to follow instructions
2. Able to wait for their turn
3. Not run away (stay with the teacher)
4. Happy to be in water without parent/carer

Skills	Absolute Essentials
Safe entry	Sit on edge and slide in
Happy participation	Active and willing participant
Blowing bubbles	On surface of water, confidently – attempting whole face in
Submerge to neck	Attempt whole body underwater
Move through the water with aid on front	Encourage head first, blowing bubbles with mouth on surface, splashy kick, any aids acceptable
Float on front with aid and recover	Teacher assisted, face in, exhaling, near horizontal body position, attempt stand up
Movement through the water with aid on back, teacher assisted	Kicking legs, encourage little kicks, any aid acceptable
Float on back with aid	Relaxed, confident, ears in water, near horizontal body position, with minimal support of teacher or aids, 4-5 seconds
Ride noodle on ledge (body awareness, balance & control)	Independent, get on and off without assistance
Water Safety Sequence	<ol style="list-style-type: none"> 1. Never swim alone 2. Monkey, Monkey on wall
Safe exit	Climb out unassisted - ledge

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Dragonz 2: 3-5 years



To familiarize the beginner with the water by the introduction of confidence, safety and survival activities.

Skills	Absolute Essentials
Blow bubbles	Exhale in water – whole face in
Submerge	To nose level – vertical submergence
Floating face down	Independent float with aid, face in, exhaling, 5 seconds, recover to stand
Forward glide with aid	Start with shoulders under water, toes on edge, arms extended forward, face in water, exhaling, near horizontal body position
Float on back and recover	Ears in, near horizontal body position for 10 seconds, use of aids acceptable
Independent movement through the water with aid, on back & front	Kicking legs, encourage little kicks, any aid acceptable
Back glide – no kick	Teacher assisted, shoulders under, ears in, push belly button to surface, near horizontal body position. Push back from wall (feet on wall) teacher assisted
Retrieve toy from ledge/platform	Eyes in, encourage complete submersion
Water Safety Sequence	<ol style="list-style-type: none"> 1. Sculling – teacher assisted 2. Treading water with aids – teacher assisted 3. Climb in & out of the pool unassisted – side of pool

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Dragonz 3: 3-5 years (Level 1)



To familiarize the beginner with the water by the introduction of confidence, safety and survival activities

Skill	Must sees
Safely enter water. Safe exit	Confident and safe entry. Confident and safe exit.
Exhale in water. Face in	Relaxed and confident exhalation
Open eyes under water. Identify object	Confidence. Ability to clearly identify object
Submerge. Waist deep	Entire head underwater – retrieve toy
Glide forward and recover. Waist deep (min)	Face in the water – exhaling. Near horizontal body position. Arms extended in front of head. Recovery to a standing position.
Float or glide backward and recover. Floatation aid acceptable	Near horizontal body position. Recovery to a standing position.
Independent movement through the water with aid on back	Kicking legs, encourage little kicks, any aid acceptable
Independent movement through the water without aid on front	Kicking legs (encourage little kicks), arms extended forward
Dolphin body	Attempt undulating dolphin movements - exhaling
Water safety sequence	<ol style="list-style-type: none"> 1. Confident entry into and exit from water. 2. Float for 10-15 seconds with a floatation aid. 3. Intro sculling hand action – with aid.

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Dragonz 4 3-5 years



To familiarize the beginner with the water by the introduction of confidence, safety and survival activities

Skills	Absolute Essentials
Submerge	Submerge completely, exhaling, confidently – independent – whole head under
Front glide	Streamlined body position, chin on chest, no kick, exhaling, independent to teacher
Breathing/Bubbles	Forward glide, exhaling, recover take 2 nd breath and forward glide – teacher assisted
Forward glide and kick	Streamlined body position chin on chest, exhaling, ears below arms, long leg flutter kick. Independent to teacher, no set distance required (i.e. one breath length)
Freestyle arms	Introduction to arm stroke, teacher assisted and/or with aid
Back float	With aid – 15 seconds
Back glide and kick – with aid	Horizontal body position, ears in water, long leg flutter kick, no set distance required
Dolphin body	2 undulating dolphin movements, exhaling
Water safety sequence	<ol style="list-style-type: none"> 1. Sculling - unassisted 2. Enter off mat/platform, return to pool edge and monkey to safety 3. Confident entry & exit – side of pool

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Dragonz 5 3-5 years



To familiarize the beginner with the water by the introduction of confidence, safety and survival activities

Skill	Must sees
Submerge	Chest deep water – retrieve toy
Glide forward and kick 2m	Near horizontal position. Face in water, exhaling. Flutter kick without excessive knee bend
Glide forward and kick 3m	As above – taking at least 1 breath over distance
Freestyle 3 meters	Flutter kick. Arm recovery clear of water. Face in water, exhaling
Glide backward, kick and recover. No set distance.	Near horizontal body position. Flutter kick without excessive knee bend
Backstroke arms (desirable)	Introduction to arm stroke. Teacher assisted and/or with aid.
Dolphin Body	Arms extended forward (desirable) – 2 metres
Sculling/treading water – assisted	Back scull - outward & inward sculling hand action. Tread water - basic alternating hand & leg action. Ability to gain some support
Water safety sequence	<ol style="list-style-type: none"> 1. Enter off mat/platform, return to pool edge & monkey to safety 2. Back float for 30 sec. Be pulled to safety – reach rescue. 3. Confident entry & exit – side of pool

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Dragonz 6: 3-5 years (Level 2)



To familiarize the beginner with the water by the introduction of confidence, safety and survival activities

Skill	Must sees
Glide forward and kick 3m.	Near horizontal position. Face in water, exhaling. Flutter kick without excessive knee bend
Freestyle 5m.	Flutter kick. Face in water, exhaling Arm recovery clear of water.
Glide backward, kick and recover. No set distance.	Near horizontal body position. Flutter kick without excessive knee bend
Backstroke 2m (desirable)	Near horizontal body position. Arms straight. Flutter kick without excessive knee bend
Sculling/treading water – assisted	Back scull - outward & inward sculling hand action. Tread water - basic alternating hand & leg action. Ability to gain some support
Dolphin Body	Arms extended forward (desirable) – 2 metres
Water safety sequence	1. Glide forward and recover to a standing position - unassisted 2. Float for 30 sec. Be pulled to safety – reach rescue 3. Confident entry & exit – side of pool

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Dragonz 7: 3-5 years



To increase awareness of the water by means of activities which develop water confidence, water safety, swimming and survival activities.

Skill	Must sees
Glide forward and kick 4metres	Near horizontal position. Face in water, exhaling. Flutter kick without excessive knee bend
Freestyle swim 7m. Breathing.	Flutter kick. Arm recovery clear of water – Breathing, regular breathing pattern
Glide backward, kick 4 metres	Near horizontal body position. Flutter kick without excessive knee bend
Backstroke 5m (desirable)	Near horizontal body position. Arms straight. Flutter kick without excessive knee bend
Submerge & swim 2 metres under water	Complete submersion, confidence in being under water for distance
Submerge	Collect 2 toys in one under water swim – no set distance
Sculling/treading water – unassisted	Back scull - outward & inward sculling hand action. Tread water - basic alternating hand & leg action. Ability to gain some support
Dolphin Kick	Arms extended forward (desirable) – 3 metres
Water Safety Sequence	1. Glide and swim 7m Recover to standing position. 2. Float for 30 sec. Be pulled to safety – reach rescue 3. Confident entry & exit – side of pool

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Dragonz 8: 3-5 years (Level 3)



To increase awareness of the water by means of activities which develop water confidence, water safety, swimming and survival activities

Skill	Must sees
Freestyle swim 10m. Breathing	Near horizontal body position. Regular leg action. Regular breathing pattern
Glide backwards and kick 5m. Waist deep (min)	Near horizontal body position. Flutter kick without excessive knee bend
Breaststroke leg action swim 5m. On back with board	Circular movement of feet. Visible attempt to turn toes
Sculling/treading water - unassisted	Back scull - outward & inward sculling hand action. Tread water - basic alternating hand & leg action. Effective support
Basic forward roll	Desirable to see. Roll on one plane. Recovery to standing position
Water safety sequence	<ol style="list-style-type: none">1. Glide and swim 10m. Recover to standing position.2. Support body in upright position and signal distress.2. Float for 30 sec. Be pulled to safety – reach rescue3. Confident entry & exit – side of pool

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