

Dragonz 1: 3-5 years



Goal: 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 and stay with the class and teacher in the water**
4. **Happy to be in water without parent/carer**

Assess	Skills	Standard
	Safe entry	Sit on edge, two hands to one side of hips on deck, turn body around and slide into the pool backwards
	Blowing bubbles	On surface of water, confidently – attempting whole face in
Yes	Happy participation	Active and willing participant
Yes	Float on front with noodle and recover	Teacher assisted, attempted face in, attempted exhaling, attempted near horizontal body position, attempted stand up
Yes	Movement through the water on front	Attempt head first, blowing bubbles with mouth on surface, splashy kick, any aids acceptable
Yes	Movement through the water on back	Kicking legs, attempt little kicks with a noodle aid, teacher assisted
	Float on back	Attempt - Relaxed, confident, ears in water, near horizontal body position, with any aid including teacher acceptable
	Ride noodle on ledge (body awareness, balance & control)	Able to get on and off, teacher assistance acceptable
	Water Safety Sequence	<ul style="list-style-type: none"> ▪ Never swim alone ▪ Monkey, Monkey on wall
	Safe exit	Climb out unassisted – ledge

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Dragonz 2: 3-5 years



Goal: To develop confidence in the water, streamline body position and introduce early safety and survival activities.

Assess	Skills	Standard
	Safe entry / exit	Sit on edge of pool and complete a safe entry, climb out unassisted
	Blow bubbles	Exhale in water – whole face in
Yes	Floating face down	Independent float with aid, face in, exhaling, recover to stand
Yes	Forward glide with aid	Start with shoulders under water, toes on edge of ledge, arms extended forward with hands together, face in water, exhaling, near horizontal body position
Yes	Float on back and recover	Ears in, near horizontal body position, use of aids acceptable
Yes	Independent movement through the water with or without an aid, on back & front	Kicking legs, attempt little kicks, any aid acceptable
	Back glide – no kick	Attempt shoulders under the water, ears in, push belly button to surface, near horizontal body position. Push back from wall, teacher assisted acceptable
	Retrieve toy from ledge/platform	Whole face in, attempt complete submersion
	Water Safety Sequence	<ul style="list-style-type: none"> ▪ Climb in & out of the side of pool, using elbow, elbow, knee, knee to climb out - assisted ▪ Monkey, Monkey ▪ Noodle ride tread water - assisted

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Dragonz 3: 3-5 years (Level 1)



Goal: To further develop water confidence, extend independent movement and practice safety and survival activities.

Assess	Skill	Standard
	Safe entry / exit	Sit on edge of pool and complete a safe entry, climb out unassisted
	Exhale in water. Face in	Relaxed and confident exhalation
	Open eyes under water. Identify object	Confident, Ability to clearly identify objects. Goggles acceptable
	Submerge	Entire head underwater – retrieve toy
Yes	Glide forward and recover	Arms extended in front of head with hands together. Face in the water, exhaling, chin on chest, push off, near horizontal body position, no kick and recovery to a standing position.
Yes	Float or glide backward and recover. Flotation aid acceptable	Bend knees, shoulders in the water, head back and chin up, gently push off, tummy up and float. Near horizontal body position. Recovery to a standing position by rolling on to tummy, bubbles, bending knees to stand. Aid acceptable
Yes	Independent movement through the water with or without an aid on back	Bend knees, shoulders in the water, head back and chin up, gently push off, tummy up and kicking legs, attempt little kicks, any aid acceptable. Near horizontal body position. Recovery to a standing position by rolling on to tummy, bubbles, bending knees to stand
	Independent movement through the water without aid on front	Kicking legs attempt little kicks, arms extended forward
	Dolphin Kick	Attempt undulating dolphin movements – face in, exhaling, knees and feet together, hands on hips, moving bottom up and down in rhythmic undulation across the water
	Water safety sequence	<ul style="list-style-type: none"> ▪ Confident entry into and exit from water ▪ Float for 10-15 seconds with a flotation aid ▪ Attempt sculling hand action while treading water – with aid including teacher

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Dragonz 4: 3-5 years



Goal: To introduce freestyle arms, develop long leg flutter kick, extend independent movement on the back and practice safety and survival activities

Assess	Skills	Standard
	Safe entry / exit	Sit on edge of pool and complete a safe entry, climb out unassisted
	Submerge	Submerge completely, exhaling, confidently – independent – whole head under
	Front glide	Arms extended in front of head with hands together. Face in the water, exhaling, chin on chest, push off, near horizontal body position, no kick and recovery to a standing position.
Yes	Forward glide and kick	Streamlined body position, chin on chest, arms extended and hands together, exhaling, long leg flutter kick. Independent to teacher
Yes	Freestyle arms	Introduction to arm stroke with 2 consecutive arms clear of the water and attempted kick
Yes	Back float	Comfortable and relaxed, with or without aid and able to recover
Yes	Back glide and kick	Horizontal body position, ears in water, long leg flutter kick, with or without an aid acceptable
	Dolphin Kick	Attempt undulating dolphin movements – face in, exhaling, knees and feet together, hands on hips, moving bottom up and down in rhythmic undulation across the water
	Water safety sequence	<ul style="list-style-type: none"> ▪ Sculling - assisted ▪ Enter off mat/platform, return to pool edge and climb out to safety unassisted ▪ Attempt to retrieve toys from pool bottom ▪ Confident entry & exit

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Dragonz 5: 3-5 years



Goal: To extend freestyle with flutter kick, introduce sculling and backstroke arms, extending independent movement and practice safety and survival activities

Assess	Skill	Standard
	Safe entry / exit	Sit on edge of pool and complete a safe entry, climb out unassisted
	Submerge	Chest deep water – retrieve toy
Yes	Glide forward and kick minimum 3 metres	Near horizontal position. Face in water, exhaling. Flutter kick without excessive knee bend, over a minimum of 3 metres
Yes	Freestyle 3 metres	Flutter kick. Arm recovery clear of water. Face in water, exhaling over a minimum of 3 metres
Yes	Glide backward, kick and recover 3 metres	Near horizontal body position. Flutter kick without excessive knee bend over a minimum 3 metres
	Backstroke arms	Introduction to arm stroke. Attempt straight arms
	Dolphin Kick	Attempt undulating dolphin kick - face in, exhaling, knees and feet together, hands on hips, moving bottom up and down in rhythmic undulation across the water
	Sculling assisted	Back scull - outward & inward sculling hand action near hips and not across tummy
	Treading Water	Tread water - basic alternating hand & leg action with or without an aid
	Water safety sequence	<ul style="list-style-type: none"> ▪ Enter off mat/platform, return to pool edge & safety ▪ Back float for 30 sec. ▪ Be pulled to safety, by student or teacher – reach rescue with rescuer lying on tummy on pool deck ▪ Confident entry & exit – side of pool

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Dragonz 6: 3-5 years (Level 2)



Goal: To develop independent basic freestyle and backstroke swim distances and practice reach to rescue safety and survival activities

Assess	Skill	Standard
	Safe entry / exit	Sit on edge of pool and complete a safe entry into the water, climb out unassisted
Yes	Glide forward and kick a minimum of 3 metres	Arms extended in front of head with hands together. Face in the water – exhaling. Push off near horizontal position. Flutter kick without excessive knee bend
Yes	Freestyle a minimum of 5 metres	Face in water, exhaling, Arm recovery clear of water Flutter kick without excessive knee bend, catch up acceptable. Minimum of 5 metres
Yes	Glide backward, kick and recover minimum of 3 metres	Near horizontal body position. Flutter kick without excessive knee bend to a minimum of 3 metres
Yes	Sculling	Back scull - outward & inward sculling hand action near hips and not across tummy
	Backstroke minimum of 2 metres	Near horizontal body position. Arms straight. Flutter kick without excessive knee bend to a minimum of 2 metres
	Treading water – assisted	Tread water - basic alternating hand & leg action, with or without aid
	Dolphin Kick	Independent undulating dolphin kick - face in, exhaling, knees and feet together, hands on hips, moving bottom up and down in rhythmic undulation across the water
	Water safety sequence	<ul style="list-style-type: none"> ▪ Attempt a forward roll and / or barrel roll, not forced only from child's agreement and independent attempt ▪ Float for 30 sec and call for help ▪ Attempt a duck dive, head first and retrieve toy ▪ Confident entry & exit – side of pool

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Dragonz 7: 3-5 years



Goal: To introduce freestyle breathing, extending swim distances and practicing safety and survival activities

Assess	Skill	Standard
	Safe entry / exit	Sit on edge of pool and slide in, climb out unassisted
Yes	Glide forward and kick 4 metres	Near horizontal position. Face in water, exhaling. Flutter kick without excessive knee bend 4 metres
Yes	Freestyle swim 7 metres Breathing.	Arm recovery clear of water, with thumb entry to water, regular breathing pattern, Flutter kick 7 metres
Yes	Glide backward, kick 4 metres	Near horizontal body position. Flutter kick without excessive knee bend 4 metres
Yes	Sculling unassisted	Outward & inward sculling hand action near hips and not across tummy, unassisted
	Backstroke 5 metres	Attempt. Near horizontal body position. Arms straight. Flutter kick without excessive knee bend 5 metres
	Submerge & swim under water	<ul style="list-style-type: none"> ▪ Complete submersion, confidence in being under water for distance. Be aware of asthmatics ▪ Collect 2 toys a distance apart in one under water swim
	Treading water unassisted	Tread water - basic alternating hand & leg action, with or without an aid, Ability to gain some support
	Dolphin Kick 3 metres	Face in, exhaling, knees and feet together, hands on hips, moving bottom up and down in rhythmic undulation across the water 3 metres
	Water Safety Sequence	<ul style="list-style-type: none"> ▪ Float for 30 sec. ▪ Attempt a forward roll or barrel roll, ▪ Attempt a duck dive, head first and retrieve a toy ▪ Be pulled to safety – reach rescue ▪ Confident entry & exit – side of pool unassisted

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Dragonz 8: 3-5 years (Level 3)



Goal: To reinforce freestyle breathing development, backstroke swim distances, introduce breaststroke leg action and practice safety and survival activities

Assess	Skill	Standard
	Safe entry / exit	Confident entry and exit from sitting on the side of the pool, climbing out unassisted
Yes	Freestyle swim 10 metres Breathing	Near horizontal body position. Arm recovery clear of the water, extending forward with thumb entry, no catch up, Regular flutter kick leg action, Regular breathing pattern over 10 metres
Yes	Glide backwards and kick 5 metres	Near horizontal body position. Flutter kick without excessive knee bend 5 metres
Yes	Survival backstroke leg action swim 5 metres	On back with or without board. Circular movement of feet. Visible attempt to turn toes out to flexed position. Minimal propulsion acceptable, attempted glide over 5 metres
Yes	Sculling unassisted	Back scull - outward & inward sculling hand action to the side of each hip and not across tummy
	Backstroke 5 metres	Near horizontal body position. Flutter kick without excessive knee bend. Arms straight, 5 metres
	Basic forward roll	Attempt a forward or barrel roll. Recover to standing position
	Treading water	Basic alternating hand & leg action. May be assisted including aid
	Dolphin Kick 3 metres	Independent undulating dolphin movements – face in, exhaling, knees and feet together, hands on hips, moving bottom up and down in rhythmic undulation across the water over 3 metres
	Water safety sequence	<ul style="list-style-type: none"> ▪ Attempt tread water with help signal ▪ Support body either with aid or independently, in upright position and signal distress ▪ Float for 30 sec. Be pulled to safety – reach rescue ▪ Confident entry & exit – side of pool

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