

# BRING ON THE SMILES

LEARNING TO SWIM IS MORE FUN THAN EVER!



« SWIM »  
SMILES

[www.turtle tots.com](http://www.turtle tots.com)

## Big Swimmer - Level 6 - 3 years +

**By the end of the level most children should be able to:**

1. Enter water safely using appropriate method for the pool
2. Swim on a woggle without assistance on fronts and backs
3. Swim on catamarans without assistance on fronts and backs, with aquatic breathing
4. Swim on one catamaran on fronts and backs, with single arm action and kicking legs.
5. Put whole face in water to blow bubbles, breath and blow in rhythmic pattern turning head to side to breathe
6. Swim 10m unaided, developing front crawl action, blowing bubbles and attempting side breathing
7. MMM without assistance
8. Push and glide (prone) into front crawl
9. Push and glide (supine) into back crawl
10. Kicking legs showing alternating action, long legs floppy feet
11. Develop front crawl arm action - single arm with float
12. Develop back crawl arm - single arm with float
13. Develop breaststroke arm action
14. Develop breaststroke leg action
15. Develop dolphin leg kick (no arms)
16. Tread water without woggle
17. Star float into pencil float and back again
18. Mushroom float
19. Sculling in supine position with woggle - head or feet first



# BRING ON THE SMILES

LEARNING TO SWIM IS MORE FUN THAN EVER!



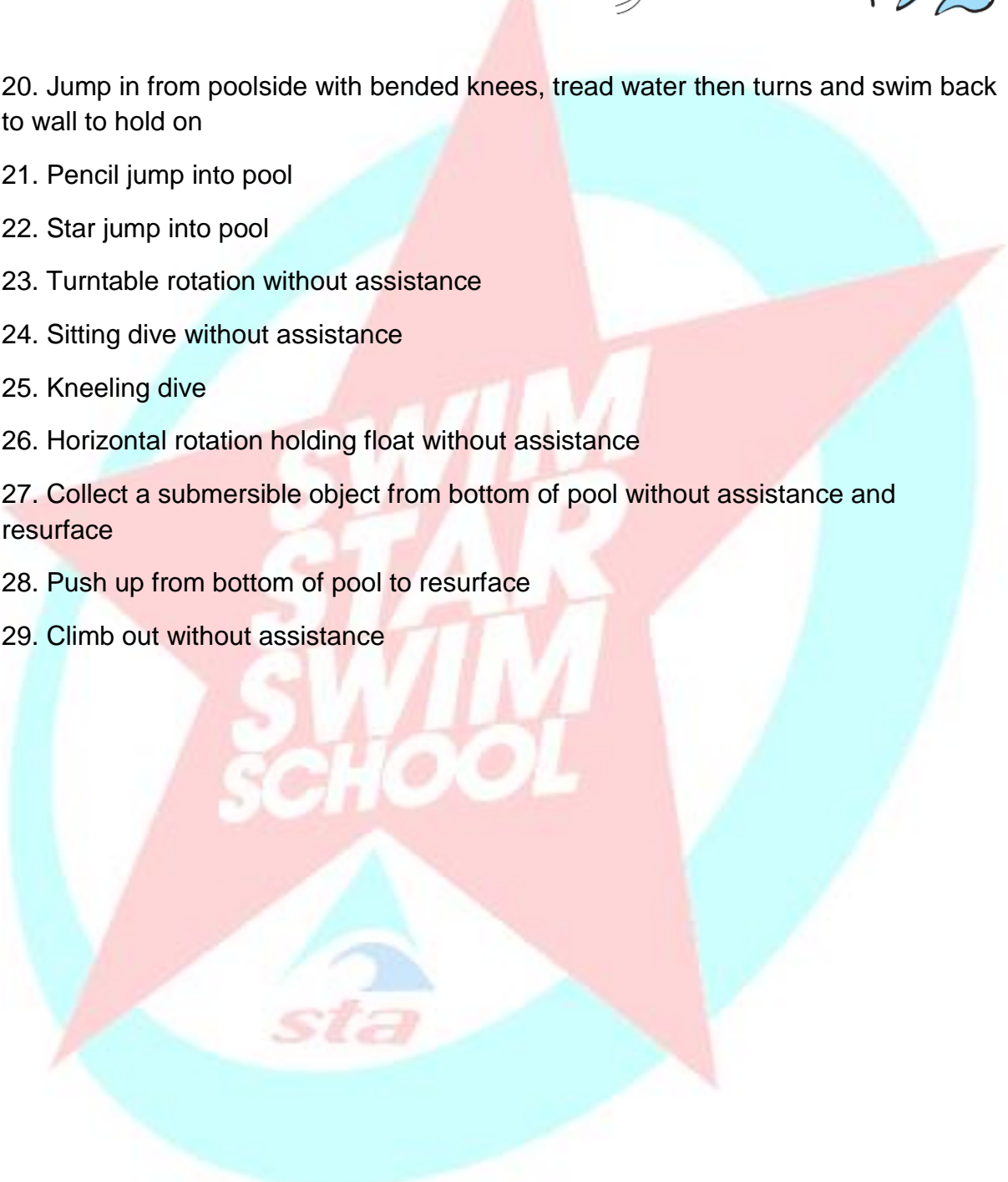
« SWIM »  
SMILES



[www.turtletoys.com](http://www.turtletoys.com)



20. Jump in from poolside with bended knees, tread water then turns and swim back to wall to hold on
21. Pencil jump into pool
22. Star jump into pool
23. Turntable rotation without assistance
24. Sitting dive without assistance
25. Kneeling dive
26. Horizontal rotation holding float without assistance
27. Collect a submersible object from bottom of pool without assistance and resurface
28. Push up from bottom of pool to resurface
29. Climb out without assistance



SWIM  
STAR  
SWIM  
SCHOOL

