

BRING ON THE SMILES

LEARNING TO SWIM IS MORE FUN THAN EVER!



« SWIM »
SMILES

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Big Swimmer - Level 2 - 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 6m unaided attempting front crawl action, blowing bubbles and attempting side breathing
7. MMM without assistance
8. Push and glide (prone) then swim to carer attempting front crawl arms
9. Push and glide (supine) into kicking on backs with more streamlined position
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. Attempt breaststroke arm action
14. Attempt to tread water without woggle
15. Float on back in basic star shape - no float
16. Attempt mushroom float
17. Jump in from poolside with bended knees, then turn and swim back to wall to hold on
18. Turntable rotation without assistance
19. Sitting dive without assistance
20. Horizontal rotation holding float without assistance
21. Collect a submersible object from bottom of pool with little assistance
22. Push up from bottom of pool to resurface
23. Climb out without assistance