

BRING ON THE SMILES

LEARNING TO SWIM IS MORE FUN THAN EVER!



« SWIM »
SMILES

www.turtlelots.com

Big Swimmer - Level 3 - 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 the side to breathe
6. Swim 7m 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 streamlined position
10. Kicking legs showing alternating action, long legs floppy feet
11. Develop front crawl arm action
12. Attempt back crawl - 2 arms
13. Develop breaststroke arm action
14. Attempt breaststroke leg action
15. Tread water without woggle - 3 seconds
16. Star float - 3 seconds
17. Mushroom float - 3 seconds
18. Attempt pencil float
19. Jump in from poolside with bended knees, then turn and swim back to wall to hold on
20. Turntable rotation without assistance
21. Sitting dive without assistance
22. Horizontal rotation holding float without assistance
23. Collect a submersible object from bottom of pool without assistance and resurface
24. Push up from bottom of pool to resurface
25. Climb out without assistance