

BRING ON THE SMILES

LEARNING TO SWIM IS MORE FUN THAN EVER!



« SWIM »
SMILES

www.turtlelots.com

Big Swimmer - Level 4 - 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 8m unaided, developing 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) then swim to carer attempting back crawl arms
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. Attempt dolphin leg kick (no arms)
16. Tread water without woggle - 5 seconds
17. Star float - 5 seconds
18. Mushroom float - 5 seconds
19. Pencil float - 3 seconds
20. Jump in from poolside with bended knees, tread water for 5 seconds then turn and swim back to wall to hold on
21. Attempt pencil jump into pool





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22. Turntable rotation without assistance
 23. Sitting dive without assistance
 24. Horizontal rotation holding float without assistance
 25. Collect a submersible object from bottom of pool without assistance and resurface
 26. Push up from bottom of pool to resurface
 27. Climb out without assistance



SWIM
STAR
SWIM
SCHOOL

