
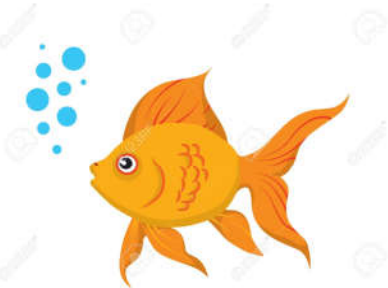
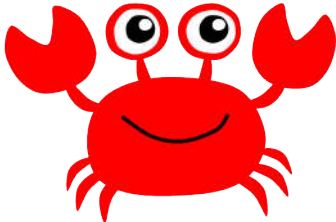
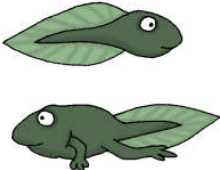
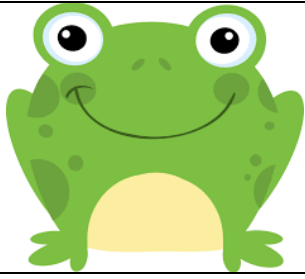
	<p><b>Sea Horse 18mth-4yrs</b> <b>Children who have never had lessons</b></p> <ul style="list-style-type: none"> <li>• Full face in water</li> <li>• Confidence</li> <li>• Floating – Assisted</li> <li>• Water Safety</li> <li>• Climbing out of pool unassisted</li> </ul>
	<p><b>Starfish 4-5yrs</b></p> <ul style="list-style-type: none"> <li>• Enter and exit water safely – unassisted</li> <li>• Kicking – hands on shoulders/board</li> <li>• Streamline</li> <li>• Paddle - unassisted</li> <li>• Humpty - unassisted</li> <li>• Back float - unassisted</li> <li>• Crocodile - unassisted</li> <li>• Introduction to big arms</li> </ul>
	<p><b>Goldfish 5-6yrs</b></p> <ul style="list-style-type: none"> <li>• Kicking unassisted on board – full length</li> <li>• Streamlining 3 meters</li> <li>• 4 arms on board - unassisted</li> <li>• 4 arms – unassisted</li> <li>• Front float roll to back float</li> <li>• Assisted back kick</li> <li>• Retrieve toy from bottom of the pool</li> </ul>
	<p><b>Crab 5+</b></p> <ul style="list-style-type: none"> <li>• Breath drill with board – unassisted</li> <li>• Freestyle with bilateral breath – full length</li> <li>• Unassisted back kick – full length</li> <li>• Back arms – assisted</li> <li>• Streamline 1/2 to 3/4 pool</li> <li>• Zip and reach freestyle method</li> </ul>
	<p><b>Tadpole 5+</b></p> <ul style="list-style-type: none"> <li>• 2 laps freestyle</li> <li>• Backstroke – unassisted 1 lap</li> <li>• Introduction to breast stroke kick</li> </ul>



## **Frog**

- Freestyle 4 laps
- Back stroke 2 laps
- Breast stroke 1 lap
- Dolphin Kick