

St Hugh's Swim School Little Fish's Stage

Outcomes

By completing this stage, with use of aids and/or support, swimmers will be able to:

1. Safely jump into the water, without aids, under supervision. Turn around and make their way back to the wall from where they jumped.
2. Float on the water surface for 3 seconds in a mushroom or star float
3. Perform a 360 degrees log roll.
4. Using aids and in a streamlined position, push and glide on the front or back.
5. Fully submerge their whole body and pick up a sinky in water depth of 0.9m or deeper.
6. Kick 5m on front or back, without adult support, but with the use of aids
7. Exit the pool safely without adult support.