

junior swim levels



Parent & Baby 1 3 months - 12 months	Our parent and baby classes will help you bond with your swimmer while exercising gently in the water. Your swimmer will become more comfortable and confident in the water whilst improving coordination and developing muscle strength.
Parent & Baby 2 12 months - 24 months	
Parent & Baby 3 24 months - 36 months	
Pre-school 3 years	Our pre-school lessons for our 3 year olds, are designed to get them comfortable in the water in small groups, without a adult in the water*. *club specific
Level 1 Red	Levels 1-3 have been designed for children to learn basic movement and swimming skills along with water confidence. Children will learn safe entries, basic floating, submersion, travelling on their front and back, rotation skills and water safety.
Level 2 Orange	
Level 3 Yellow	
Level 4 Green	Levels 4-7 will focus on technique, coordinated breathing and water safety. As well as skills such as sculling, treading and rotations. Swimmers will learn the correct starts and turns for different strokes. Swimmers will also move into full lane swimming.
Level 5 Blue	
Level 6 Purple	
Level 7 Black	
Bronze Squad	Once the core range of skills are learnt our swimmers will be offered either non-competitive or competitive swim training with a focus on technique, stamina and speed.
Silver Squad	
Gold Squad	