

# Level Information

## Pre School Aquatics 4—5 years

- Stage 1**
- Safely enter and exit the water
  - Exhale in the water—face in
  - Open eyes under water—identify object
  - Submerge waist deep minimum
  - Glide forward and recover—waist deep minimum
  - Float or glide backward and recover
  - 30 minute duration

- Stage 2**
- Glide forward and kick 3m—horizontal body position, face in
  - Glide backward, kick and recover
  - Freestyle—swim 3m face submerged
  - Scull/tread water—basic hand and leg action
  - 30 minute duration

IMPORTANT DATES In-Term Learn to Swim 2019			
Term	Start Date	End Date	Enrolments
Term 1 2019	4th February 2019	12th April 2019	21st January 2019
Term 4 2019	14th October 2019	19th December 2019	1st October 2019

	Terms 1 & 4	Terms 2 & 3 Aqua Ducks 4A and above only
<b>Aqua ducks</b>	Monday - Friday	N/A
	Saturday	N/A
	Monday—Friday	N/A
<b>Pre School Aquatics</b>	Monday - Thursday	Monday and Wednesday or Tuesday and Thursday
	Saturday	N/A
	Monday—5.00pm	
	2.45pm—5.00pm	
	9.20am—11.35am	
	8.20 am—10.00am	
	9.20 am - 11.35am	
	8.20 am—10.00am	



**Broome Recreation**  
AND AQUATIC CENTRE

**Swim**

**School**



**Ages 6 months -  
4 Years**

**Broome Recreation & Aquatic Centre**  
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## General Information.

The Broome Recreation and Aquatic Centre is a Royal Life Saving Society Western Australia Endorsed Swim School. The Infant Aquatics program has six development stages to encourage continued participation. Using stages ensures children have new experiences and are grouped with children that are at a similar stage. The different age groups reflect the motor, cognitive and social development of infants and toddlers.

The lessons are 30 minutes in duration with ten lessons in a term. Terms 1 and 4 are ten week terms with options to enroll Twice a week for five or ten weeks or Swim once a week for Ten Weeks. Spaces are limited.

The cost per term is \$150.00 per child which consists of ten lessons. This equates to \$15.00 per lesson.

BRAC has crèche facilities available Monday to Friday, 8.00am—11.00am. Bookings are essential. Please talk to our friendly staff for more information.

# Level Information

## Aqua Ducks 6 months—4 years

### Aqua Duck 1

- 6 months—12 months
- Enter water safely with carer. Carer to become relaxed interacting with the child.
- Condition baby for submersion using verbal and physical triggers. Experience water on the head and body.
- On displayed readiness, with instructor guidance, undertake assisted submersion on trigger words and physical cues.
- Display comfort when performing assisted front and back floating activities
- Be gently rocked, turned and towed through water. Maintain babies grasp reflex by gripping t-shirts and fingers
- Be encouraged to splash the arms using trigger words.
- 30 minute duration

### Aqua Duck 2

- 12 months—18 months
- With support reach for the carer and enter the water from a seated position. Exit water with carer.
- Extend baby's breath control. Initiate putting water on the face, head and body.
- On readiness extend assisted submersions
- On readiness front float between adults and or platforms assisted back float with confidence
- With assistance roll from one side to the other—back to front, front to back
- Carer to support legs and arms to kick and paddle on front and back.
- 30 minute duration

### Aqua Duck 3

- 18 months— 2 years
- With support enter the water from a seated position towards the carer. Be turned towards the edge to hold. Hand walk along the edge with assistance if necessary.
- Continue breath control activities and water on the face. Encourage independent face submersions.
- Experience assisted and unassisted submersions between adults, to adults, in shallow water.
- Initiate independent free float activities under supervision. Continue with assisted back floats.
- Experience body orientation and rotation in a vertical position.
- Move legs up and down with carer encouragement, experience reaching for objects and pulling arms through the water.
- 30 minute duration

### Aqua Duck 4

- 2—2.5 years
- With support safely step into the water from a standing position towards the carer. Be turned towards the edge to hold. Hand walk along the pool edge and climb out with assistance.
- Independently submerge the face and hold breath
- Experience assisted and unassisted submersions and hold onto pool edge with assistance if necessary
- With encouragement float on front and back using a floatation aid
- With support experience, crawling, walking, kicking and climbing on floating mat
- Assisted and unassisted swims using arms and legs through the water.
- 30 minute duration

### Aqua Duck 5

- 2.5—3 years
- With support enter the water using a slide in entry and hold onto the pool edge. With minimal assistance attempt to climb out of the pool
- Once breath control is mastered, blow bubbles with face fully submerged.
- Demonstrate independent submersion with carer encouragement.
- Front and back floating with and without support building to a 5 second release.
- With assistance rotate body from back to front whilst holding flotation aid.
- Display independent propulsion of kick and paddle. Experience manipulation of the propulsive skills
- 30 minute duration

### Aqua Duck 6

- 3—4 years
- With support safely jump into the water from a standing position towards the carer and return to the wall ready to exit. Exit the water safely unassisted.
- Blow bubbles with the face fully submerged, take a breath and repeat the sequence.
- With encouragement initiate own submersion and recover securely. Retrieve object from the of the pool in progressively deeper water.
- Front and back floating with and without support. Building to a 10 second release.
- With assistance rotate body in a vertical position whilst holding a flotation aid.
- Refine propulsive movements.
- 30 minute duration