



**How you can progress in the Swim Academy at SJA**

**Ducklings:** Get used to the water for the first time to gain confidence in a class environment.

**Stage 1:** Develop basic safety awareness, basic movement skills and water confidence skills.

**Stage 2:** Develop safe water entries; jumping in, basic floating, travel on front and back up to a distance of 5m, rotating to upright position.

**Stage 3:** Develop safe water entries inc. submersion, travel up to 10m on front and back, water safety knowledge, body rotation skills, assessment without aids.

**Stage 4:** Develop understanding of buoyancy, refine kicking techniques for all strokes, swim 10m to a standard directed by the ASA.

**Stage 5:** Develop 'watermanship' through sculling and treading water skills, complete body rotation, learn to dive and perform all strokes for a distance of 10m.

**Stage 6:** Develop effective swimming skills including coordinated breathing, swim a distance of 25m with a stroke of the swimmer's choice, learn aspects of water safety and exercise preparation.

**Stage 7:** Develop quality stroke techniques up to 100m and combine to a linked routine. Complete an obstacle course that combines a variety of skills accomplished through stages 1-7. Leading on to:

**Aquabats Swimming Club**  
Club style competitive swimming with added fun

**Stage 8:** Develop competitive tumble turns as you swim lengths against other swimmers and continue to improve.

**Rookie Lifeguard Course**  
Learn CPR and be a lifesaver  
Great Stepping Stone

**Stage 9:** Develop individual medley by swimming four different swimming styles in one race.

**Stage 10:** Develop relay technique and continue to improve swimming stamina and style.

**NPLQ Course Age 16+**  
Full Lifeguard Qualification

If you have progressed to Stage 10 you will be able to:

- Get into Clubs
- Improve your swimming technique to its maximum potential