



Guildford Grammar School

FOUNDED 1896

Swim School Stage Progression

Stage 1 SARDINE

- a) Enter water safely.
- b) Exhale in water.
- c) Open eyes under water and distinguish object.
- d) Floating on back with or without board.
- e) Glide forward exhaling in water.
- f) Attempt to kick 1metre on front or back.

Stage 2 JELLYFISH

- a) Glide forward and freestyle kick 3 metres.
- b) Glide forward underwater and kick 3 metres.
- c) Glide backward and backstroke kick 1 metre.
- d) Swim 5 metres freestyle head still, arms clearing water and leg kick alternating.
- e) Basic sculling and treading water.
- f) Be pulled to safety by reach rescue
- g) Float on back or front for thirty seconds.

Stage 3 SHRIMPS

- a) Swim minimum 10 metres freestyle with regular breathing pattern.
- b) Glide backward and backstroke kick 5 metres.
- c) Glide backward underwater and backstroke kick.
- d) Attempt to swim 5 metres backstroke.
- e) Attempt to swim 5 metres breast stroke kick on back with a board.
- f) Survival sculling on back and front. Not Moving.
- g) Be pulled to safety by throw rescue.
- h) Attempt a forward roll.



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- Stage 4 PLATYPUS
- a) Swim minimum 15 metres freestyle with correct breathing pattern and head position.
 - b) Swim minimum 10 metres backstroke with correct arms and body position.
 - c) Swim minimum 10 metres survival backstroke with correct breast stroke kick.
 - d) Attempt to swim 5 metres breast stroke kick on front with or without board.
 - e) Swim in deeper water.
 - f) Sculling on front and back, moving minimum 5 metres.
 - g) Attempt dolphin kick underwater in streamlined position.
 - h) Attempt sitting dive.

- Stage 5 SEALION
- a) Swim minimum 25 metres freestyle with correct breathing, head and kick positions.
 - b) Swim minimum 25 metres backstroke with correct arms, body and kick positions.
 - c) Swim minimum 25 metres survival backstroke with correct breast stroke kick.
 - d) Swim minimum 15 metres breast stroke with sculling hands and correct kick.
 - e) Glide underwater doing six kicks of dolphin, freestyle and backstroke kick.
 - f) Attempt three freestyle strokes, then forward roll.
 - g) Be reach rescued by a partner.

- Stage 6 STINGRAYS
- a) Swim minimum of 50 metres in freestyle, backstroke, breast stroke and survival backstroke
 - b) Attempt to swim sidestroke.
 - c) Able to dive and hold streamline position.
 - d) Attempt a tumble turn against wall.
 - e) Able to show all the non – contact rescues.
 - f) Attempt to swim 5 metres butterfly.

*** After achieving stage 6, swimmers should be able to enter the STARFISH Junior Training Squad in the Guildford & Kalamunda Districts Swimming Club program.**