

Learning to Swim the Rainbow



Red
1:1

Water Confidence

- 1 Safe entry
- 2 Crab crawl
- 3 Blowing bubbles
- 4 Floating on back, assisted
- 5 Kicking
- 6 Assisted fall-in and-save technique (humpty dumpty)

Orange
1:1

Safety Basics

- 1 Submerging face
- 2 Floating on front and back, assisted
- 3 Dog paddle, assisted
- 4 Treading water, assisted
- 5 Kicking with board

Yellow
1:1

Resistance and Buoyancy

- 1 Takes instructions
- 2 Independent recovery and control
- 3 Floating on back, front and flip
- 4 Submerging and bubbles, assisted
- 5 Sculling, assisted
- 6 Confident vertical and horizontal

Green
2:2

Towards Independence and Shared Lessons

- 1 Interaction with other children
- 2 Confident body control in and under water
- 3 Independent floating
- 4 Backstroke survival skills
- 5 Assisted streamlines
- 6 Independent kicking

Blue
2:1

Transition to Swim Strokes

- 1 Sustained flutter kicking 5m (front and back)
- 2 Sustained streamlines 5m
- 3 Freestyle arms
- 4 Breaststroke arms
- 5 Backstroke arms

Indigo
2:1

Swimming Safely

- 1 Side breathing with arms
- 2 Breaststroke kick
- 3 Freestyle 15m
- 4 Backstroke 15m
- 5 Breaststroke 15m
- 6 Survival backstroke

Violet
2+:1

Swim the Rainbow

- 1 Side stroke
- 2 Dolphin kicking
- 3 Butterfly 15m
- 4 Freestyle 25m+
- 5 Backstroke 15m+
- 6 Breaststroke 25m+



! Safety!
The Lead Instructor decides on when a child moves to the next colour – always ensuring that safety is not compromised.