

STARplex SWIM CENTRE

Swim School

Levels of Achievements

WATER BABIES 4 months – 3 years

1. Waterbabies

- Water familiarisation
- Water confidence
- Breath control
- Paddling
- Submersion
- Floating
- Gripping
- Kicking
- Freefalls and safety jumps
- Rotation
- Climbing
- Flotation aids



2. Watertots

- Floating
- Gripping
- Breathing
- Submersion
- Independent climbing
- Kicking
- Boardwork
- Paddling
- Torpedos
- Rotation and regaining swimming position
- Safety jumps / other entries



3. Tadpoles

- Enter and exit the water safely
- Happily submerge
- Demonstrate propulsion using your legs
- Swim with good head position
- Attempt a safety jump



This level prepares children for the transition to our Pre-School Program (Aqua Tots Program).

SCHOOL AGE 5 years +

7. Penguins

- Enter and exit the water safely
- Torpedo the STARplex way
- Float on your back without an aid
- Submerge and pick up a toy
- Attempt a safety jump
- Mushroom float



8. Yabbies

- Slide-in entry
- Swim 10 metres Freestyle the STARplex way
- Swim 10 metres Backstroke kicking the STARplex way
- Confidently roll to breathe during Freestyle swim
- Dive down head first with or without assistance
- Achieve a safety jump
- Tread water for 5 seconds



PRE-SCHOOL 3 years – 5 years

Ask us any time about your child's progress...

4. Goldfish

- Enter and exit the water safely
- Happily submerge
- Demonstrate propulsion using legs
- Swim with a good head position
- Attempt a safety jump



5. Jellyfish

- Enter and exit the water safely
- Torpedo the STARplex way
- Happily lay back in the water
- Dive down head first to retrieve a toy
- Achieve a mushroom float
- Achieve a safety jump in the small pool



6. Seahorses

- Slide in entry
- Swim 6 metres freestyle the STARplex way
- Swim 6 metres backstroke kicking the STARplex way
- Attempt a squatting dive with or without assistance
- Achieve a safety jump in the main pool
- Treading water for 5 seconds



10. Turtles

- Swim 10 metres Breaststroke
- Swim 10 metres Freestyle
- Swim 10 metres Backstroke
- Swim 10 metres Butterfly kick
- Crouching dive from the pool edge
- Tread water for 30 seconds



9. Stingrays

- Swim 10 metres Freestyle with correct breathing
- Swim 10 metres Backstroke
- Squatting dive from the pool edge
- Tread water for 10 seconds



STARSQUAD

STARsquad is not a certificate based program.

1. Mini Squad

2. Rising Stars

3. Junior Squad

(selected by coaches)

4. Junior State Squad & Senior Squad

State Open & National Open (Senior Squad)

Ask us more... Swimmers who have completed our Swim School top level (Turtles) and wish to move into a competitive path, ask about our STARsquad Program and joining our STARplex Swim Club.