

## Swim Lessons Levels Overview

Goldfish	Beginner level for children with armbands
Starfish	Beginner level for children who can swim a width of the pool without stopping and without float/armbands
Seals	Intermediate level for swimmers practising front crawl breathing, co-ordination on back crawl and starting to learn breast stroke
Dolphins	Intermediate level for swimmers perfecting front crawl breathing, back crawl and practising full stroke breast stroke
Orcas	Advanced level for swimmers building stamina across all four strokes
Advanced	Advanced level for swimmers to begin swimming lengths and introducing lifesaving and competitive elements