

MY SWIM JOURNEY AT AQUARENA

LITTLE WONDERS

1, 2 & 3 YEARS OLD

PARENT & BABY

Parents and bubs learn how to safely enjoy the water, and little ones learn foundation skills for a lifetime of swimming.

LITTLE WONDERS

4 YEARS OLD

I PASSED LITTLE WONDERS 4!

I can enter and exit the pool by myself, blow bubbles, submerge my eyes and kick with a pool noodle.

LEVEL 6

I PASSED LEVEL 6!

I can swim 50 metres freestyle and backstroke, and 10 metres dolphin kick.

LEVEL 7

I PASSED LEVEL 7!

I can swim 75 metres freestyle and backstroke, tread water for 2 minutes and demonstrate a survival sequence while clothed.

I have passed the 12 year old national benchmark

STROKE REFINEMENT

I HAVE GRADUATED FROM SWIM SCHOOL!

I can swim 200 metres of freestyle and backstroke, perform a race dive and swim 100 metres of breaststroke without stopping!

DONCASTER TEMPLESTOWE SWIM CLUB

I am continuing my swimming journey for health and fitness and to gain competitive skills in the water.

LEVEL 5

I PASSED LEVEL 5!

I can swim 15 metres breaststroke, and 25 metres of freestyle and backstroke.

LEVEL 4

I PASSED LEVEL 4!

I can swim 15 metres of freestyle and backstroke, and I have learnt breaststroke kick!

LEVEL 3

I PASSED LEVEL 3!

I can tread water at the deep end, and I can swim 10 metres freestyle with side-breathing and I have learnt survival backstroke kick.

LEVEL 1

I PASSED LEVEL 1!

I can kick on my front and back using a kickboard, and I can swim 3 metres all by myself without equipment.

LEVEL 2

I PASSED LEVEL 2!

I can kick on my front and back for 5 metres and swim freestyle 5 metres all by myself.

I have passed the 6 year old national benchmark

 Aquarena Aquatic and Leisure Centre

 @aquarena_manningham

 @activemanningham

ACTIVE MANNINGHAM

