

## General End Goals for each level:

### I Can Swim - Tots:

Tots A - End Goals: Adult knows how to support their child using a variety of supports and holds. Children are comfortable splashing and with having water on their face. Adults know how to keep their child safe in a variety of water environments.

Tots B - End Goals: Adult is confident supporting their child in the water. Child is comfortable attempting a variety of skills with the class instructor including floats and glides. Child is comfortable with putting their face and ears in the water.

### I Can Swim – Intro A – End Goals:

Child can confidently put their face in the water for 3 seconds without holding their nose, or using a nose plug and ideally without goggles. Child can float and glide on their front with a noodle or board with their face in the water. Child can float and glide on back with a noodle or board with their ears in the water. Child can swim 1m without assistance.

### I Can Swim – Intro B – End Goals:

Child can confidently put their face in the water for 5 seconds without holding their nose, or using a nose plug. Child can open eyes underwater without goggles. Child can float and glide on their front and back by themselves in a relaxed manner. Child can kick with straight legs for 1m independently. Child can swim 3m and jump into the pool without assistance.

### I Can Swim – Intro 6+ - End Goals:

Child can confidently put their face in the water for 5 seconds without holding their nose, or using a nose plug. Child can open eyes underwater without goggles. Child can float and glide on their front and back by themselves in a relaxed manner. Child can kick with straight legs for 1m independently. Child can swim 3m and jump into the pool without assistance. Child is comfortable going to the deep end of the pool in a lifejacket.

### I Can Swim 1 – End Goals:

Child can recover an object from waist deep water, and exhale underwater through both mouth and nose. Child can swim 7m independently using any combination of arms and legs. Child can kick on front, side and back for 5m. The kick should be initiated from their hip, and their toes should be pointed. Child can also swim front and back crawl with straight arms for 3m. Child is comfortable treading for 10s in deep water.

## I Can Swim 2 – End Goals:

Child can recover an object from chest deep water. Child can swim 12m independently using any combination of arms and legs. Child can kick on front, side and back for 10m. Kick should be perfected by this level. Child can swim 7m of front crawl with breathing to the side and 7m of back crawl with hips and kick at surface. Child is comfortable doing a variety of skills in deep water (jumps, roll-ins, treading, floats).

## I Can Swim 3 – End Goals:

Child can perform symmetrical & effective whip kick on back for 10m. Child can swim 15m of perfected front crawl and back crawl. Child is comfortable doing a variety of skills in deep water (dives, roll-ins, treading, somersaults). Child can complete the swim to survive challenge as a continuous sequence: jump in, tread for 30s and swim 25m.

## I Can Swim 4 – End Goals:

Child can swim 50m of perfected front crawl and back crawl and 15m of perfected breaststroke. Child is comfortable doing a variety of skills in deep water (dives, roll-ins, treading, somersaults). Child demonstrates knowledge and safe judgement for situations involving water. Child can swim 75m of continuous swimming using any stroke.

## I Can Swim 5 – End Goals:

Child can swim 75m of perfected front crawl and back crawl and 50m of perfected breaststroke. Child is comfortable doing a variety of skills in deep water (dives, eggbeater, surface dives, underwater swim). Child demonstrates knowledge and safe judgement for hazards around water. Child can complete the swim to survive challenge: Forward roll entry, 90s tread, 75m swim

## I Can Swim 6 – End Goals:

Child can swim 150m of perfected front crawl and back crawl and 100m of perfected breaststroke. Child demonstrates knowledge and safe judgement for hazards around water and recognize when someone needs help. Child demonstrates beginner lifeguarding skills. Child can swim 300m of continuous swimming using any stroke and swim 200m in 6 minutes or less.

\*Speak with your instructor about additional skills and skill must-sees\*