

Belmont Oasis RLSSA stages.

The following table describes some of the skills students will be competent in before progressing to the next level.

	Level	Description
Baby Lessons	Tadpole	Discovering Water <ul style="list-style-type: none"> <i>Familiarise parents with supporting holds</i> <i>Fun and enjoyment in the water</i>
	Frog	Introduction to Water <ul style="list-style-type: none"> <i>Demonstrate introductory skills with parent support</i> <i>Experience kicking, pulling and submersion</i>
	Guppy	Exploring the Water <ul style="list-style-type: none"> <i>Coordinate multiple introductory skills with support</i> <i>Explore the water with reduced support</i>
	Seahorse	Understanding the Water <ul style="list-style-type: none"> <i>Move through the water with floatation aids</i> <i>Attempt an unassisted swim</i>
	Minnnows	Knowing the Water <ul style="list-style-type: none"> <i>Retrieve object</i> <i>Moving through the Water</i>
	Pre-School Lessons	Bubble Fish
Starfish		Introduction to Basic Skills <ul style="list-style-type: none"> <i>Open eyes underwater</i> <i>Gliding and recovery</i>
Swordfish		Learning Basic Skills <ul style="list-style-type: none"> <i>Intermediate gliding and recovery</i> <i>Introduction of basic swim strokes</i>
Dolphin		Developing Basic Skills <ul style="list-style-type: none"> <i>Demonstrating recognisable individual stroke skills</i> <i>Demonstrating sustainable breathing skills</i>
School Aged Lessons	Development 1	Discovering Water Confidence & Teaching the Basics of Early Swimming <ul style="list-style-type: none"> <i>Unassisted float & recover</i> <i>Assisted gliding</i> <i>Submerge with open eyes and blow bubbles</i>
	Active 1	Building Water Confidence & Reinforcing the Basics of Early Swimming <ul style="list-style-type: none"> <i>Unassisted Gliding</i> <i>Kicking with kick boards on front & back</i> <i>Use of a basic swimming arm action</i> <i>Safe Diving Skills</i>
	Development 2	Discovering Water Awareness <ul style="list-style-type: none"> <i>Demonstrating movement and stability in shallow water</i> <i>Demonstrating basic recognisable swim strokes</i> <i>Demonstrating underwater movement through an obstacle</i>
	Active 2	Developing Water Awareness <ul style="list-style-type: none"> <i>Demonstrating movement and stability in deep water</i> <i>Demonstrating basic and survival swim strokes</i> <i>Demonstrate basic safety skills</i>
	Development 3	Discovering Water Sense <ul style="list-style-type: none"> <i>Demonstrate intermediate swimming strokes with acceptable technique</i> <i>Demonstrate unassisted safety and survival skills</i>
	Active 3	Developing Water Sense <ul style="list-style-type: none"> <i>Demonstrate sustained correct swimming technique over the prescribed distance</i> <i>Demonstrate a multi-faceted safety sequence</i>

Active 4	<p>Water Wise</p> <ul style="list-style-type: none"> • Demonstrate sustained correct swimming strokes over a prescribed distance at various depths • Demonstrate sustained survival and safety techniques over an extended period in light clothing • Introduction to advanced swim strokes
Active 5	<p>Junior Swim and Survive</p> <ul style="list-style-type: none"> • Demonstrate underwater mobility and coordinated active floatation • Swim a continuous medium/short distance demonstrating correct technique in a range of strokes • Demonstrate sustained survival and safety techniques over an extended period in medium weight clothing
Active 6	<p>Swim and Survive</p> <ul style="list-style-type: none"> • Demonstrate advanced underwater mobility and coordinated floatation • Swim a continuous medium distance demonstrating correct technique in a range of strokes • Demonstrate sustained survival and safety techniques over an extended period in medium/heavy weight clothing
Active 7	<p>Senior Swim and Survive</p> <ul style="list-style-type: none"> • Demonstrate restricted coordinated floatation • Swim a continuous medium/long distance demonstrating correct technique in a range of strokes • Demonstrate sustained survival and safety techniques over an extended period in heavy clothing

