











FREDDIE SHORE SWIM SCHOOL LEVEL	AGE REQUIRED TO REGISTER	IN THIS LEVEL
	<b>6</b> (no previous swim experience required)	Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim 5 metres.
	<b>6+</b> (completed Swimmer 1 <b>OR</b> turned 6 after Preschool 4/5)	Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted) and swim 10 metres continuously.
	<b>6+</b>	Swimmers increase their distance on front and back glide with flutter kick, and are introduced to Side Glide. They will begin putting together their front crawl with side breathing and will be able to swim 15 metres continuously. This level also has a fitness component
	--	Swimmers learn back swim with shoulder roll and front crawl (10m), work on flutter kick on back, perform kneeling dive, introduction to sculling and swim 25 metres continuously. This level also has a fitness component
	--	Swimmers develop front crawl (15m), back crawl (15m) and whip kick on back, and swim 50 metres continuously. They will also be able to tread water for 50 seconds. This level also has a fitness component
	--	Swimmers increase their distance on front and back crawl (25m), learn elementary back stroke (15m). This level also has a fitness component
	--	Swimmers increase their distance and continue to learn advanced techniques on front and back crawl and elementary backstroke (25m), learn whip kick on front, and increase their treading stamina to 2 minutes. They are also introduced to the Canadian Swim to Survive Standard: Roll entry into deep water, tread 1 minute, and swim 50m
	--	Swimmers increase their distance on front and back crawl (75m) and elementary backstroke (25m), learn breaststroke (15m), learn eggbeater /tread water, perform shallow dives, and are introduced to spring front crawl and back crawl. This level also has a fitness component
	--	Swimmers increase their distance on front and back crawl (75m), elementary backstroke (50m) and breaststroke (25m), learn scissor kick, perform interval training and increase their treading endurance.
	--	Swimmers master the techniques for all their strokes and perform them consistently over 100m. They complete a 300m workout, learn sidestroke, and learn water safety components.