

WAI BABY (<3YRS)

WAI BABY

- Water confidence and assisted submersion
- Introduction to kicking
- Introduction to paddling
- Introduction to back floating
- Assisted turnarounds and rotations

WAI TOTS

- Confident submersion
- Minimal support kicking
- Minimal support paddling
- Minimal support back floating
- Minimal support turnarounds and rotations

WAI TODDLER

- Self-initiated submersions
- Independent kicking
- Independent paddling
- Independent floating
- Independent turnarounds and rotations

WAI PRESCHOOL (3-5YRS)

WAI SUBMERGE

- Water confidence and submersion
- Assisted back float
- Assisted front float
- Assisted turnarounds

WAI FLOAT

- Independent front and back floating
- Independent turnarounds
- Assisted front and back kicking

WAI GLIDE

- Independent front glide and kicking
- Independent back kicking
- Assisted rotation

WAI STROKE

- Assisted freestyle arms and kicking
- Assisted backstroke arms and kicking
- Independent rotation

WAI SWIM

- Independent freestyle arms and kicking
- Independent backstroke arms and kicking
- Introduction to breathing
- Introduction to diving

ORCA (5+YRS)

ORCA SUBMERGE

- Water confidence and familiarisation submersion
- Assisted front and back floating
- Assisted turnarounds

ORCA FLOAT

- Independent front and back floating
- Independent turnarounds
- Assisted front and back kicking

ORCA GLIDE

- Independent streamline glide
- Independent freestyle and backstroke kicking
- Independent rotations

ORCA STROKE

- Independent freestyle arms with kicking
- Independent backstroke arms with kicking
- Front to back rotations with freestyle arms

ORCA BREATHE

- Independent side kicking
- 12m independent freestyle swim with bilateral breathing
- 12m independent backstroke swim

ORCA SWIM

- 20-25m freestyle swim
- 20-25m backstroke swim
- Breaststroke kicking

ORCA SURVIVE

- 25m freestyle swim
- 25m backstroke swim
- 12.5m breaststroke swim
- 12.5m butterfly kicking

ORCA TRANSITION

- 50m freestyle swim
- 50m backstroke swim
- 25m breaststroke swim
- 25m butterfly swim

ORCA DEVELOPMENT

- 100m freestyle swim
- 100m backstroke swim
- 50m breaststroke swim
- 25m butterfly swim
- 200m survival swim

ORCA ELITE

- 200m freestyle swim
- 200m backstroke swim
- 100m breaststroke swim
- 50m butterfly swim
- 200m individual medley
- 200m survival sequence

ORCA SUPER ELITE

- 400m freestyle swim
- 400m backstroke swim
- 200m breaststroke swim
- 50m butterfly swim
- 200m individual medley
- 400m survival sequence
- 400m timed swim

