



## ➤ Learning Expectations for Children and Adults

Swimming is one of the joys of life. As well as being a life skill, the ability to swim opens up a range of opportunities for children to stay fit, socialise with friends and enjoy the water. Your learning expectations should change depending on the age of the swimmer.

### ➤ Learning Expectations 3 to 6 years

Swimming Lessons for children 3 to 6 years of age focuses on the development of confidence in a range of swimming and water safety skills that they will need to continue to learn once they are in primary school.

#### Your child should become familiar with the water and by the age of 6 should at least have the ability to:

- Understanding how to stay safe in water in and around the home
- Follow basic safety rules when swimming
- Enter and exit the water without help
- Float on their back without help
- Rolling and Turning in the water without help
- Swim for 5m without help
- Going under the water without help

#### During your child's swimming lessons, parents should also learn about:

- The importance of Swimming
- How to stay safe in and around the water
- How to supervise your children around water

For more information please visit:

 [drowningprevention.org.au/multiculturalcommunities](https://drowningprevention.org.au/multiculturalcommunities)



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## > Learning Expectations 7-12 years

Swimming is one of the joys of life. As well as being a life skill, the ability to swim opens up a range of opportunities for children to stay fit, socialise with friends and enjoy the water.

Swimming Lessons for children 7-12 years of age focuses on the development of swimming and survival skills that will help an individual to be comfortable in a range of aquatic environments. Children will learn a range of skills that will help them in a range of circumstances

### **Your child should become familiar with the water and by the age of 12 should at least have the ability to:**

- Understanding how to stay safe at the beach and in rivers
- Follow basic safety rules when at beaches and rivers
- Enter and exit the water without help
- Float on their back and stay afloat without help for 2 mins
- Dive underwater and retrieve an object from the bottom
- Swim for 50m without help
- What to do if someone else is in trouble

### **During your child's swimming lessons, parents should also learn about:**

- The importance of Swimming
- How to stay safe at the beach and in rivers
- How to supervise your school children around water

## > Learning Expectations Teens and Adults

Learning to swim as an adult is dependent on your existing ability, fitness level and experience. You could learn in two months, or you could learn in two years. Swimming lessons not only teach you a range of skills but also help improve your health, make friends, gain confidence and feel better.

Swimming Lessons for adults focuses on the development of essential swimming and survival skills that will help an individual to be comfortable in a range of aquatic environments. Then once you are comfortable you can increase your skills and fitness

### **As an adult you should at least have the ability to:**

- Understanding how to stay safe at a pool, at the beach and in rivers
- Follow basic safety rules when at a pool, beaches or rivers
- Enter and exit the water without help
- Float on your back and stay afloat without help for 2 mins
- Dive underwater and retrieve an object from the bottom
- Swim for 50m without help
- Know what to do if someone else is in trouble

**Once you have learnt these skills it is recommended that you maintain your swimming skills on a regular basis**

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