

# DUCKLING PROGRAM

AGES 0 - 2

Level 1 (Parent-accompanied Class)		30min	Instruction pool
1	Water familiarisation		
2	Pre-submersion exercises		
3	Encouraging self-exploration		
Level 2 (Parent-accompanied Class)		30min	Instruction pool
1	Safe entry into and exit from the pool		
2	Learning breath control and submersion		
3	Water play focusing on getting face and head wet		
4	Encouraging kicking with support		
Level 3 (Parent-accompanied Class)		30min	Instruction pool
1	Unassisted jump to the parent/instructor		
2	Demonstrating breath-holding skills		
3	Kicking and retrieving toy with submersion		
4	Learning how to swim to parent/instructor		
Level 4 (Parent-accompanied Class)		30min	Instruction pool
1	Jumping in, turning around and swimming back to the wall (assisted)		
2	Climbing out of the pool (assisted)		
3	Learning how to swim towards parents from the wall		
4	Swimming underwater for at least three seconds		
Level 5 (Parent-accompanied Class)		30min	Instruction pool
1	Learning to come up to breathe		
2	Rhythmic breathing with support		
3	Introduction to floating on back		
4	Personal safety (turning around and swimming back to the wall)		
Level 6 (Parent-accompanied Class)		30min	Instruction pool
1	Increasing distance using rough motor skills		
2	Rhythmic breathing without support		
3	Increasing distance of swimming underwater		
4	Retrieving objects from bottom of the pool		



WE TAKE PLAY SERIOUSLY