



## Swim Easy Accra Levels and Skills Development Stages

Hello Parents, you're welcome to Swim Easy Accra. Thank you for joining the big splash family. Since the inception of our Swimming Lessons in 2017 we have taught more than 1000 kids to swim well from ages 1 year and beyond. Over the years with our team of instructors and for standardized lessons delivery have developed our own Swimming levels and skills development that is best suited for a fast progression of our little learners from first level to ultimate level.

There are 7 levels or stages from a total beginner stage to master of strokes and competitive level swimmers. The levels have an average age range for starters and prerequisite for entry into another. Also some levels require completion and passing a level before admission to the next. To encourage our little ones there will be awarding of medals 🏆 and certificates to mark their new levels and achievements. Also there will be a grand finale swimming championship competition at the end of every year to our swimmers from level 2 to level 5 to obtain Gold, Silver and Bronze Medals 🏆 These medals 🏆 and certificates will be provided at a very affordable rate for parents to buy upon awards.

We advise that kids be encouraged to be consistent and parents should exercise patience and not compare one kid to another since they all have different learning capabilities but surely will meet the aim to be self confident and have these life and survival skills well developed. We trust these stages will best suit your ward(s) either privately or group or joining the swim club. Thank you and have a wonderful experience with your kid(s).

Call/Whatsapp  
020-803-0092

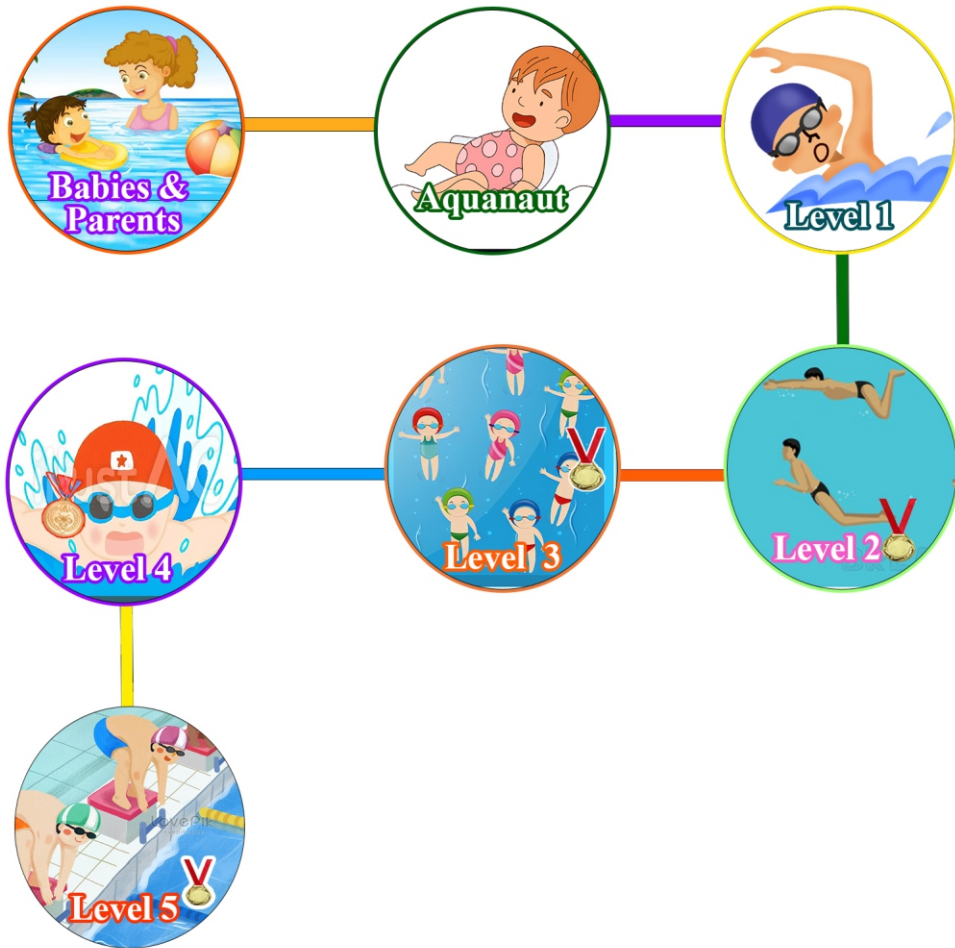
✉️ [saintbusinessworldconsult@gmail.com](mailto:saintbusinessworldconsult@gmail.com)

🌐 [www.swimeasyaccra.com](http://www.swimeasyaccra.com)

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# STAGES TREASURE MAP



## PARENT & BABY

BABIES & BEGINNERS (with a floating aid and assistance by instructor, parent or guardian).

Age for first time starter: (6 months to 1 year)

Administration Requirements: no pre-exposure to water .

- ability to be submerged under water for 2 to 5 seconds
- ability to kick
- ability to splash with hands
- ability to float either front or back for 5 to 10 seconds
- ability to hold breath under water for 2 to 5 seconds
- ability to roll over either front to back or vice versa
- ability to hold on to wall for 5 seconds



## AQANAUT

AQANAUT (with a floating aid and assistance by instructor ).

Age for first time starter : (1 year and above).

Administration Requirements: little experience/no pre-exposure.

- perform swivel entry and exit
- entry into pool and exit using stairs
- perform wall walk for a distance of 5 to 7 metres
- sit and jump into pool
- stand and jump in pool
- perform treading for 10 to 15 seconds
- star float front and back for 10 to 15 seconds
- put face in water and do torpedo glide
- perform freestyle kicks for a distance of 5 to 7 metres
- perform backstroke kicks for a distance of 5 to 7 metres
- perform backstroke kicks for a distance of 5 to 7 metres



## LEVEL 1

Partial independence stage/little assistance/no equipment)

Average Age range : (2 to 3 years)

Administration Requirements: have passed Aquanaut Level.

- able to do any 1 stroke properly with good breath control (in and out of water)
- stand and jump in the pool unaided and exit safely.
- star float front and back for 10 to 15 seconds
- put face in water and do torpedo glide for about 3 metres
- perform treading water for 20 seconds to 40 seconds
- perform freestyle kicks for a distance of 5 to 7 metres
- perform backstroke kicks for a distance of 5 to 7 metres
- perform backstroke kicks for a distance of 5 to 7 metres
- perform front crawl/freestyle for a distance of 5-7 metres
- alternatively do breaststroke for a distance of 5-7 metres
- alternatively do backstroke for a distance of 5-7 metres



## LEVEL 2

Good Performance of 2 strokes.

Average age range : (3 to 4 year)

Administration Requirements: have passed Level 1

- able to do any of the 2 strokes properly
- perform freestyle kicks for a distance of 7 - 10 metres
- perform backstroke kicks for a distance of 7 - 10 metres
- perform backstroke kicks for a distance of 7 - 10 metres
- perform butterfly kicks for a distance of 7 -10 metres
- perform a clean diving
- tread Water for 2 to 3 minutes
- perform front crawl for a distance of 7-10 metres
- perform breaststroke for a distance of 7-10 metres
- Alternatively perform backstroke for a distance of 7-10 metres



## LEVEL 3

Excellent at 3 strokes.

Average Age range : (3 to 4 years)

Administration Requirements: have passed Level 2

- able to do 3 strokes properly
- perform freestyle kicks for a distance of 10 - 15 metres
- perform backstroke kicks for a distance of 10 - 15 metres
- perform backstroke kicks for a distance of 10 - 15 metres
- perform butterfly kicks for a distance of 10 - 15 metres
- perform a clean diving
- perform a flip turn
- tread Water for 3 to 5 minutes
- front crawl for a distance of 10-15 metres
- breaststroke for a distance of 10 -15 metres
- backstroke for a distance of 10-15 metres



## LEVEL 4

Good Performance Of All 4 strokes.

Average age range : (Above 4 years)

Administration Requirements: have passed Level 3

- able to do all 4 strokes properly
- front crawl for a distance of 15 to 25 metres
- breaststroke for a distance of 15 to 25 metres
- backstroke for a distance of 15 to 25 metres
- butterfly for a distance of 15 to 25 metres
- perform a clean diving
- perform a flip turn
- tread Water for 3 to 5 minutes
- perform freestyle kicks for a distance of 15 to 25 metres
- perform backstroke kicks for a distance of 15 to 25 metres
- perform backstroke kicks for a distance of 15 to 25 metres
- perform butterfly kicks for a distance of 15 to 25 metres



## LEVEL 5

Competitive level, building speed and athletic career.

Average age rate: 4 years and above.

Administrative requirement: have passed level 4

- able to do all 4 strokes properly
- front crawl for a distance of 30-50 metres at good timing
- backstroke for a distance of 30-50 metres at good timing
- butterfly for a distance of 30-50 metres at good timing
- perform 500 to 1000 metres stroke challenge
- perform a clean diving
- perform a flip turn
- tread Water for 5 to 10 minutes

