

CORE SKILL	PRE-SCHOOL 1 (BEGINNER)	PRE-SCHOOL 2 (ADVANCED)	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6	LEVEL 7
RECOMMENDED AGE	3-4 YEARS	3-4 YEARS	5-6 YEARS	6-7 YEARS	7-8 YEARS	8-9 YEARS	9-10 YEARS	10-11 YEARS	11-12 YEARS
CLASS LENGTH	45 MINS	45 MINS	45 MINS	45 MINS	1 HOUR	1 HOUR	1 HOUR	1 HOUR	1 HOUR
WATER SAFETY THEORY	ANSWER WATER SAFETY QUESTIONS: <ul style="list-style-type: none"> KEY AQUATIC HAZARDS WHO CAN HELP IN AN EMERGENCY 	ANSWER WATER SAFETY QUESTIONS: <ul style="list-style-type: none"> RULES FOR SAFE BEHAVIOUR IN A POOL ENVIRONMENT WHO CAN HELP IN AN EMERGENCY 	ANSWER WATER SAFETY QUESTIONS: <ul style="list-style-type: none"> KEY AQUATIC HAZARDS WHO CAN HELP IN AN EMERGENCY 	ANSWER WATER SAFETY QUESTIONS: <ul style="list-style-type: none"> RULES FOR SAFE BEHAVIOUR IN POOL ENVIRONMENT WHO CAN HELP IN AN EMERGENCY 	ANSWER WATER SAFETY QUESTIONS: <ul style="list-style-type: none"> KEY AQUATIC ENVIRONMENTS HOW TO GET HELP IN AN EMERGENCY 	ANSWER WATER SAFETY QUESTIONS: <ul style="list-style-type: none"> KEY HAZARDS IN A RANGE OF AQUATIC ENVIRONMENTS HOW TO GET HELP IN AN EMERGENCY 	ANSWER WATER SAFETY QUESTIONS: <ul style="list-style-type: none"> SAFETY RULES FOR A RANGE OF AQUATIC ENVIRONMENTS (EG. BEACH, RIVER, LAKE) HOW TO RECOGNISE AN EMERGENCY AND CALL FOR HELP 	ANSWER WATER SAFETY QUESTIONS: <ul style="list-style-type: none"> HOW TO PARTICIPATE SAFELY IN A RANGE OF AQUATIC ACTIVITIES (EG. BOATING, FISHING AND OTHER RECREATIONAL ACTIVITIES) HOW TO RECOGNISE AN EMERGENCY AND CALL FOR HELP 	ANSWER WATER SAFETY QUESTIONS: <ul style="list-style-type: none"> WHAT ARE AQUATIC RISKS IN A RANGE OF AQUATIC ENVIRONMENTS HOW TO RESPOND TO AN EMERGENCY AND CHECK FOR DANGERS
ENTRY & EXITS	ENTER AND EXIT DEEP AND SHALLOW WATER WITH ASSISTANCE	<ul style="list-style-type: none"> SLIDE IN ENTRY JUMP IN DEEP WATER AND RETURN TO EDGE 	<ul style="list-style-type: none"> ENTER AND EXIT SHALLOW WATER UNASSISTED SLIDE IN ENTRY 	JUMP IN THE DEEP WATER AND RETURN TO THE EDGE	STEP IN ENTRY	COMPACT JUMP	FALL IN ENTRY AND EXIT FROM DEEP WATER	STRIDE ENTRY	DEMONSTRATE 2 SAFE ENTRY AND EXITS FROM THE WATER FOR A RANGE OF ENVIRONMENTS
DIVING					SEATED DIVE	CROUCH/ KNEELING DIVE	STANDING DIVE	FEET FIRST SURFACE DIVE	
UNDER WATER SKILLS	<ul style="list-style-type: none"> MOVEMENT THROUGH WATER INDEPENDENT SUBMERSION WITH BUBBLE BLOWING 	SUBMERGE AND RECOVER AN OBJECT FROM WAIST DEPTH WATER	SUBMERGE AND RECOVER AN OBJECT FROM WAIST DEPTH WATER	SUBMERGE THE BODY AND MOVE THROUGH AN OBSTACLE	SURFACE DIVE, AND RECOVER AN OBJECT FROM SHOULDER DEEP WATER	SURFACE DIVE, SWIM UNDERWATER AND RECOVER AN OBJECT FROM SHOULDER DEEP WATER	SWIM UNDERWATER ON BACK TO ESCAPE FROM DANGER ABOVE	SEARCH IN A SHALLOW WATER ENVIRONMENT	SEARCH IN A DEEP WATER ENVIRONMENT
RESCUE	BE RESCUED BY INSTRUCTOR WITH AN AID	BE RESCUED BY INSTRUCTOR WITH AN AID	SIGNAL AND CALL FOR HELP AND BE PULLED TO SAFETY BY INSTRUCTOR USING A RESCUE AID	SIGNAL AND CALL FOR HELP AND BE RESCUED BY INSTRUCTOR USING A REACH OR THROW AID	PERFORM A SAFE REACH RESCUE WITH AN AID	THROW A RESCUE AID TO A PARTNER 5M AWAY AND INSTRUCT THEM TO KICK TO SAFETY	THROW AN UNWEIGHTED ROPE TO PARTNER AND PULL TO SAFETY	PERFORM A RESCUE SCENARIO, USING EITHER REACH OR THROW (AID OR UNWEIGHTED ROPE)	WADE RESCUE IN SHALLOW WATER AND THROW AN AID TO PARTNER DIRECTING THEM TO SAFETY
FLOTATION	FLOAT ON FRONT AND BACK WITH ASSISTANCE	FLOAT ON FRONT AND BACK AND RECOVER TO A STANDING POSITION	FLOAT ON FRONT AND BACK AND RECOVER TO A STANDING POSITION	FLOAT ON FRONT AND BACK IN DEEP WATER	SCULL HEAD FIRST ON BACK	SCULL FEET FIRST ON BACK	PERFORM THE HELP TECHNIQUE FOR 2 MINUTES	PERFORM THE HUDDLE TECHNIQUE FOR 2 MINUTES	FLOAT, SCULL OR TREAD WATER FOR 5 MINUTES AND SIGNAL FOR HELP
SURVIVAL SEQUENCE		SURVIVAL SEQUENCE: CLOTHED SWIM (T-SHIRT) WEARING A PFD, JUMP INTO DEEP WATER, EXPERIENCE FLOATING AND INTRO TO TREADING WATER AND EXIT SAFELY	SURVIVAL SEQUENCE: CLOTHED SWIM (T-SHIRT) WITH A PFD, SIMULATE AN ACCIDENTAL FALL IN, FLOATING AND EXIT THE WATER SAFELY	SURVIVAL SEQUENCE: CLOTHED SWIM (T-SHIRT & SHORTS) FLOAT/SCULL FOR 30 SECONDS, SIGNAL FOR HELP, GRASP A BUOYANT AID WHICH HAS BEEN THROWN IN, AND SWIM TO SAFETY	SURVIVAL SEQUENCE: CLOTHED SWIM (T-SHIRT & SHORTS) FLOAT, SCULL OR TREAD WATER FOR 1 MINUTE WEARING A PFD & SIGNAL FOR HELP	SURVIVAL SEQUENCE: CLOTHED SWIM (LONG SLEEVE TOP AND SHORTS) SWIM 25M OF ANY SURVIVAL STROKE, THEN FLOAT, SCULL OR TREAD WATER FOR 2 MINUTES AND EXIT THE WATER SAFELY	SURVIVAL SEQUENCE: CLOTHED SWIM (LONG SLEEVE TOP AND PANTS) FIT PFD IN WATER, SWIM 50M USING SURVIVAL STROKES, SCULL, FLOAT OR TREAD WATER FOR 3 MINUTES SIGNALLING FOR HELP, REMOVE PFD WHILE IN WATER, THEN EXIT THE WATER SAFELY	SURVIVAL SEQUENCE: CLOTHED SWIM (LONG SLEEVE TOP AND PANTS) SWIM UNDERWATER 2M, SCULL, FLOAT OR TREAD WATER FOR 3 MINS, SIGNALLING FOR HELP INTERMITTENTLY, FORM THE HUDDLE TECHNIQUE, SWIM 4 MINS USING SURVIVAL STROKES AND EXIT THE WATER	SURVIVAL SEQUENCE: CLOTHED SWIM (LONG SLEEVE TOP, JUMPER, LONG PANTS, SOCKS AND SHOES) SCULL, FLOAT OR TREAD WATER FOR 3 MINS, SIGNALLING FOR HELP INTERMITTENTLY REMOVE HEAVY CLOTHES, SWIM FOR 4 MINS USING SURVIVAL STROKES, EXIT THE WATER SAFELY
SWIMMING SKILLS									
KICKING ON FRONT	<ul style="list-style-type: none"> KICKING ON FRONT WITH AID/ASSISTANCE 3M TORPEDO 	5M TORPEDO	<ul style="list-style-type: none"> KICKING ON FRONT FOR 5M WITH AID 5M TORPEDO 						
KICKING ON BACK	KICKING ON BACK WITH AID/ ASSISTANCE	INDEPENDENT KICKING ON BACK	KICKING ON BACK FOR 5M						
FREESTYLE		5M FREESTYLE		5M FREESTYLE	15M FREESTYLE	25M FREESTYLE	25M FREESTYLE	50M FREESTYLE	50M FREESTYLE
BACKSTROKE				5M BACKSTROKE	15M BACKSTROKE	25M BACKSTROKE	25M BACKSTROKE	50M BACKSTROKE	50M BACKSTROKE
BREASTSTROKE						10M BREASTSTROKE	25M BREASTSTROKE	50M BREASTSTROKE	50M BREASTSTROKE
SURVIVAL BACKSTROKE					10M SURVIVAL BACKSTROKE	15M SURVIVAL BACKSTROKE	25M SURVIVAL BACKSTROKE	25M SURVIVAL BACKSTROKE	50M SURVIVAL BACKSTROKE
SIDESTROKE							10M SIDESTROKE	25M SIDESTROKE	50M SIDESTROKE
DISTANCE SWIM				SWIM 15M CONTINUOUSLY COMBINATION OF SWIMMING AND SURVIVAL STROKES	SWIM 25M CONTINUOUSLY COMBINATION OF SWIMMING AND SURVIVAL STROKES	SWIM 25-50M CONTINUOUSLY COMBINATION OF SWIMMING AND SURVIVAL STROKES	SWIM 50-100M CONTINUOUSLY 1 SURVIVAL STROKE AND 1 SWIMMING STROKE	SWIM 100-200M CONTINUOUSLY 2 SURVIVAL STROKES AND 2 SWIMMING STROKES	SWIM 200-300M CONTINUOUSLY ALL STROKES

*LESSON OUTCOMES MAY BE MODIFIED TO SUIT THE POOL THAT THE PROGRAM IS BEING DELIVERED IN TO ENSURE SAFETY OF PARTICIPANTS.

VACSWIM LESSON OUTCOMES HAVE BEEN DEVELOPED IN CONSULTATION WITH KEY AQUATIC PROVIDERS AND ARE GUIDED BY THE NATIONAL WATER SAFETY FRAMEWORK (ROYAL LIFE SAVING SOCIETY - AUSTRALIA, 2019)