

Progression Chart



Infant

Tadpole

3 months – 18 months.
Water confidence, submersion,
floating skills, establish kicking
and paddling.

Frog

18 months – 3 years.
Water confidence, submersion,
floating skills, encourage
independence in the water.

Preschool

Squid

Water confidence/
submerging. Floating
unassisted for 4 seconds.
Basic dog paddle.

Penguin

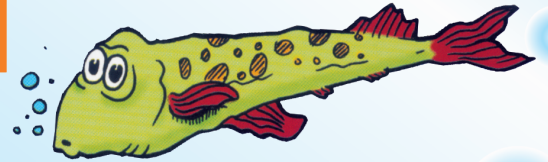
Armstroking and
kicking 4m.

Polar Bear

Freestyle 10m with correct
breathing and seated dives.

Seal

Seated dive. Armstroking &
kicking 6m & backstroke.



School age

Beginner 1

Floating unassisted for
4 seconds, with basic
dog paddle.

Beginner 2

Armstroking and
kicking for 4 metres.
Backfloating and
kicking.

Beginner 3

Armstroking and
kicking for 6 metres.
Intro to correct
breathing.

Breather 1

Armstroking with
correct breathing and
backstroke for
8 metres.

Breather 2

Armstroking and
correct breathing for
12 metres.

Breather 3

15 metre freestyle and
backstroke.

Breather 4

20 metre freestyle
and backstroke. Intro
to breaststroke.

Stroke 25

25 metres freestyle
and backstroke.
Breaststroke kick.

Stroke 50

50 metres freestyle
and backstroke.
Breaststroke skills.

Stroke 100

100 metres freestyle
and backstroke. 25m
breaststroke and basic
flip turns.

Stroke 200

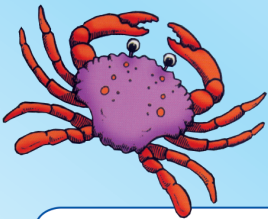
200m freestyle,
backstroke and
breaststroke.
Competitive diving
skills.

Stroke 400

400m freestyle,
backstroke and
breaststroke, 50m
butterfly, race dives
and flip turns.

Mini squad

Pre competitive,
fitness and technique
development.



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