

JLA STAGE 1 - BEGINNERS				
Swimmers must be able to complete all of these requirements:				
I can enter the water safely, using a swivel entry.				
I can blow bubbles in the water.				
I can put my face in the water confidently.				
I can stretch out in a flat floating position using aids, equipment or support.				
I can hold a star float position for 5 seconds on my front. (With support to get in and out of the floating position from my teacher.)				
I can hold a star float position for 5 seconds on my back. (With support to get in and out of the floating position from my teacher.)				
I can push and glide in a horizontal position to the teacher starting at the wall.				
I can independently travel 5m (the width of the pool) on my front.				
I can independently travel 5m (the width of the pool) on my back.				
I can climb out of the swimming pool safely, with a little support from my teacher.				
I understand and can follow the class rules set by my teacher.				

Completion of a requirement is based on the professional judgement of the class teacher. Requirements must be completed confidently and consistently for a child to be ready to move to the next class.