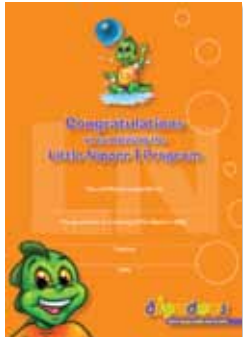


# dipadees grades

## Your Program For Tiny Tots Aged 4 to 42 months

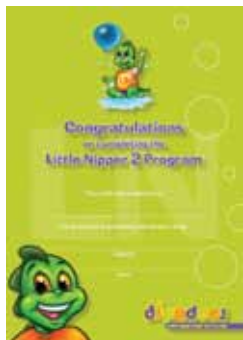
### Little Nipper 1

**FOR:** Babies aged approximately 4 to 15 months with parents in the water.

**SKILLS REQUIRED:** No Skill requirements.

- Hold on for five seconds
- Submerge under water
- Jump to mum or dad

Then I can progress into a Little Nipper 2 class.



### Little Nipper 2

**FOR:** Beginner toddlers aged between 15 months and 3 ½ years with parents in the water.

**SKILLS REQUIRED:** When I can happily and independently:

- Jump independently
- Propel through the water
- Kick my legs
- Turnaround, grab the side and pull up for a breath

Then I can progress into a Little Nipper 3 class.



### Little Nipper 3 (Advanced Toddlers)

**FOR:** Experienced toddlers aged between 2 to 3 ½ years with parents in the water.

**SKILLS REQUIRED:** When I can happily, confidently and independently:

- Wait for go, follow directions and separate from mum or dad
- Kick 1 meter, grab the side and pull myself up to breathe
- Fall in, turnaround, grab the side and pull up to breathe
- Back float 10 seconds with an aid

Then I can progress into a Little Nipper 4 class without my mum or dad.



### Little Nipper 4 (Toddler Transitional Class)

**FOR:** Advanced toddlers approximately 3 to 3½ years parents OUT of the water.

**SKILLS REQUIRED:** When I am mature enough and can happily and confidently:

- Kick 2 meters face in
- Float on my back 10 seconds without an aid
- Recover from front float and from back float
- Roll over or pop up breathe
- Jump into deep water and kick back to the side

Then I can progress into an appropriate class - see page 2.



*Your child may have achieved some of these levels however without practice skills can deteriorate or be lost. Always supervise children around water. © Dipadees 2013*

# Your Program For 3 to 6 Year Olds



## Beginners

**FOR:** Non-movers aged between 3 to 6 years parents out of the water  
**SKILLS REQUIRED:** When I can happily, comfortably and independently:

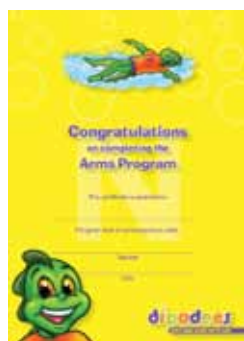
- Submerge underwater
  - Recover from a front float
  - Recover from a back float
  - Back float 10 seconds
  - Propel 2 meters face in
  - Kick 3 meters on a board on my front
  - Turnaround in deep water and kick back to the side
- Then I can progress into a Rockets class.



## Rockets

**FOR:** Streamliners aged between 3 to 6 years with parents out of the water  
**SKILLS REQUIRED:** When I can happily, comfortably and independently:

- Rocket 4 meters in one breath, straight legs
- Board kick, face in 6 meters, straight legs
- Back kick with board 6 meters, straight legs
- Back kick 6 meters, straight legs, no board
- Tread water 10 seconds into back float 10 seconds and return to the side
- In one breath, recover an object from one meter underwater and kick back to the side. Then I can progress into an Arms class.



## Arms

**FOR:** Children aged between 3 to 6 years

**SKILLS REQUIRED:** When I can happily, comfortably and independently:

- Rocket 6 meters in one breath, straight legs
- Board kick 16 meters face in, straight legs
- Swim 10 flowing freestyle arms kicking with straight legs
- Back kick 16 meters with straight legs, no board
- Sammy seal roll 8 meters, bubbles before horizontal rollover
- Safety step into deep water and tread water 20 seconds
- Safe diving

Then I can progress into a Breather 1 class.



## Breathers 1

**FOR:** Beginner Breathers aged between 4 and 6 years

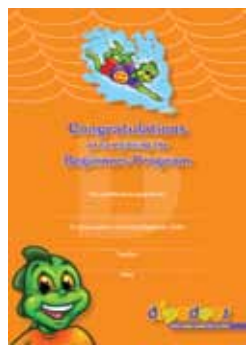
**SKILLS REQUIRED:** When I can happily, comfortably and with style:

- Board kick face in, front breathe chin on water 16 meters with straight legs
- Back kick 16 meters with straight legs
- Backstroke 16 meters with straight arms and legs
- Bubble arm, breathe arm drill with correct breathing
- 4 long arms on front roll and 4 long arms on back, 16 meters, straight legs
- Hold the breaststroke feet out position for 10 seconds
- Safety step into deep water, tread water for 30 seconds

Then I can progress into a Breathers 2 class.



# Your Program For 7 to 11 Year Olds



## Beginners

**FOR:** Non movers aged between 7 to 11 years

**SKILLS REQUIRED:** When I can happily, comfortably and independently:

- Kick 3 meters face in, and recover to a standing position
- Back float 20 seconds and recover
- Tread water 20 seconds, back float 10 seconds, roll over and return to the side

Then I can progress into a Rockets class.



## Rockets

**FOR:** Rockets aged between 7 and 11 years

**SKILLS REQUIRED:** When I can happily, comfortably and independently:

- Rocket with style 6 meters
- Board kick 12 meters using fast kick
- Back kick 12 meters using fast kick
- Tread water 50 seconds

Then I can progress into a Arms class.



## Arms

**FOR:** Arms aged between 7 and 11 years

**SKILLS REQUIRED:** When I can happily, comfortably and independently:

- Swim with smooth, continuous freestyle arms for 6 meters
- Back kick using fast kick 16 meters
- Tread water 60 seconds

Then I can progress into a Breathers 2 class.



## Breathers 2

**FOR:** Breathers aged between 7 and 11 years

**SKILLS REQUIRED:** When I can happily, comfortably and with style:

- Board kick 16 meters on front, straight legs
- Back kick 16 meters, no board, straight legs
- Backstroke 32 meters, straight arms, fast feet boiling the water surface
- 1, 2 bubble breathe on a board with correct air exchange, 16 meters fast feet boiling the water
- Freestyle 32 meters, correct breathing and straight, fast legs
- Breaststroke kick and glide on board, feet dorsi flexed 10 meters
- Butterfly wiggles 16 meters
- Safety step into deep water, tread water 60 seconds

Then I can progress to a Super Dipper class.



Your child may have achieved some of these levels however without practice skills can deteriorate or be lost. Always supervise children around water. © Dipadees 2013



# Programs For Great Little Swimmers



## Super Dippers (Stroke Development)

**FOR:** Lappers aged between 7 and 12 years of age

When I can happily, comfortably and with style swim:

- Freestyle 400 meters
- Backstroke 400 meters
- Breaststroke 400 meters
- Butterfly 16 meters
- Sidestroke 400 meters
- Survival backstroke 400 meters

*Your child has now achieved this skill however without practice, skills can deteriorate or be lost. Always supervise children around water.*



## South Pine Swim Squads

Take your swimming to the next level in our 25 metre newly refurbished indoor pool!

- Develop your skills year round
- Gain great results with expert coaching
- Build your swim skills for life
- Train for performance and endurance
- Enjoy the social and fun environment
- Healthy exercise

*Dear Mums and Dads,*

*These awards have been designed to encourage your child as he or she progresses through each of the Dipadees levels.*

*Each award represents many hours of practice in the water and allows both you and your child to feel proud of past efforts and to track the skills needed to move to the next level.*

*Each certificate and the individual skill rewards can help to motivate your child, however it is important to understand that the intrinsic motivators, such as wanting to be at lessons and feeling proud of your effort is more important than the external reward of a certificate.*

*The best results from your lessons are usually achieved when your child feels motivated to "give it a go". Learning to swim is not an easy skill to master so remember to praise your child's efforts rather than focusing on a reward.*

*Your child's safety is our number one focus, this means the teacher has set criteria for each skill and these skills always focus on efficiency.*

*The more we repeat and correct skills the more efficient your child should become at surviving in the water, so encourage your child to keep practicing and to master each skill rather than hurrying through the levels.*

*Happy Swimming!*

*The Dipadees Team*

*Always supervise children around water.*



For more information visit [dipadees.com](http://dipadees.com),  
email [swim@dipadees.com](mailto:swim@dipadees.com) or call 3355 1550.

*Your child may have achieved some of these levels however without practice skills can deteriorate or be lost. Always supervise children around water. © Dipadees 2013*

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where happy people love to swim