Stages aims

Stage 1
Develop water confidence

Introduce body position

Stage 2
Master water confidence

Develop body position

Introduce leg action

Stage 3
Master body position

Develop leg action

Introduce arm action

Stage 4
Master leg action

Develop arm action

Introduce breathing

Stage 5
Master arm action

Develop breathing

Introduce timing

Stage 6
Master breathing

Develop timing

Introduce stamina

Stage 7
Master timing

Develop stamina