

PATHWAY PROGRESSION

SWIM AND SURVIVE TEENS & ADULTS

Discover our pathway for late learners who have missed out on learning swimming and water safety or those who wish to extend their skills towards fitness or a career.



TEENAGERS

Use these levels for teens with little to no previous experience in learning to swim to fast track. If they complete level 03 they can either progress to level 04 of this pathway and beyond or into level 08 of the main Swim and Survive curriculum.

ADULTS

The majority of adults enrolling into swimming programs will commence in level 01 or 02 unless they can swim and require stroke correction or fitness.

Grey Medallion is a community education program for older adults that focuses on water safety, personal survival and basic rescue & resuscitation skills. The Grey Medallion participants may integrate into levels 02, 03, 04 depending on their swimming levels.