

Oxford Swimming Academy - Splash Academy Swimming Levels

Dippers 3-6months
Starfish 1

Splashers 6-12months
Starfish 2 and 3

Divers 12-18months
Starfish 4

Paddlers 20-30months
Starfish 5 and 6

Kickers 1 (new starters) Ages 2.5-3.5yrs
Stanley 1-2
Kickers 2 (confident swimmers) Ages 2.5-3.5yrs
Stanley 3-4

Explorers 1 (new starters) Ages 3.5-4.5yrs
Stanley 1-2
Explorers 2 (confident swimmers) Ages 3.5-4.5yrs
Stanley 3-4

Awarding STA certificates

Awards are issued by making a swimmer's progress chart 100% for the level completed and then issuing the award (separate section at the bottom for 'Teacher Led Badges')

Splash Academy progress charts for Dippers through to Paddlers should not be filled out until the level is completed - ie leave everything as 'Not Assessed' until it is ready for 100% and an award.

Kickers and Explorers should be filled out over the course of the term as children progress, and then badges awarded upon the final move to 100%.

Upon making a swimmer 100% and awarding the badge, an email goes straight to the office to notify us, and also to the parent to let them know how to pay for their certificate. These are £2 and are online personalised certificates. It does not get

sent automatically so if you make a mistake you can change it quickly, but please be careful completing the right levels and awards per individual swimmer especially in Classes that cover two STA levels.

Level Focus and Criteria

Dippers 3-6months

Bonding, cuddles, skin contact, eye contact, different movements in the water, relaxing the parent, focusing on building the relationship with the pair, washing the face and building the NRG cue, safe entry and exit for pairs, reflexive movements, surface swims, feedback to individuals and group, support parents, make time to talk to each pair, listening to baby and body language of baby and parent

Starfish 1

1. Safe entry into the pool by both adult and baby
2. Using swing dips to introduce baby to the water
3. Supporting baby on the front and move freely around the pool
4. Supporting baby on the back and move freely around the pool
5. Cueing baby and washing face with water
6. Exiting pool safely

Splashers 6-12months

Bonding, cuddles, skin contact, talking to baby during skills, more active bouncing, different movements in the water, relaxing the parent and encouraging more movement for baby, focusing on building the relationship with the pair, splashing hands, gripping toys and reaching, forward dips Starfish 3, feedback to individuals and group, support parents, make time to talk to each pair, listening to baby and body language of baby and parent

Starfish 2

1. Holding baby facing you and submerging yourself in the water for baby to see
2. Moving freely around the pool using the safety hold
3. Moving around the pool using the seat hold, bobbing baby up and down
4. Supporting baby on the back while walking backwards and zigzagging through the water
5. Encouraging baby to wash their face with water or submerging baby in the water, holding baby towards the adult
6. Encouraging baby to hold onto the poolside, with assistance, if necessary

Starfish 3

1. Supporting baby under the arms and encouraging baby to flop gently into the water from a sitting position on the poolside
2. Encouraging baby to move from a front position to a back position using flip-flop rhythmical movements
3. Encouraging baby to reach for a toy while moving around the pool, supporting baby on the front
4. Helping baby to use a kicking action to move through the water while supporting baby on the back
5. Using the safety hold to support baby and rolling baby away from you, then gently back towards you
6. Using a buoyancy aid to support yourself, float in the water and lay baby on your chest or have baby sit on your tummy, all the while making eye contact

Divers 12-18months

Entries from mat and wall, diving from mat begin to develop as full entries, begin reaching toys under the surface of the water, parent/child closeness and support, wobble skills begin, conscious arms/legs, bubble blowing, focusing on building the relationship with the pair, encourage parent to release more and allow more freedom of movement, run across mat, challenging skills, patience and time to familiarise and complete, feedback to individuals and group, support parents, make time to talk to each pair, listening to little ones, parent and child body language

Starfish 4

1. Supporting baby by the arms or hands to encourage movement into the pool from a sitting position
2. Using a forward hold to encourage and gently submerge baby
3. Using the Little Harbour hold to move around the pool while encouraging movement from baby
4. Encouraging baby to roll from a front position to a back position with support
5. Encouraging movement from baby by swiftly walking backwards while supporting baby on the back.
6. Assisting and encouraging baby to hold onto the poolside and climb out (if baby has the physical ability)

Paddlers 20-30months

Focusing on building the relationship with the pair, allowing time to demonstrate what they can do - if they hit a wall progression wise get them to consolidate their skills, big splashes and kicks, using arms to move consciously, woggle swims towards independent work, parents need time to help but also allow them to progress, demonstrate bubbles and have fun playing with the water, time to practice skills, encourage full submersion jumping if ready, imagination activities, begin to talk to and instruct little ones as well as parents, feedback to individuals and group, support parents, make time to talk to each pair, parent and child relationship still needs time - parental praise and encouragement, listening to little ones, parent and child body language

Starfish 5

1. Holding baby's arms or hands, encouraging baby to jump into the water from a standing position on the poolside
2. Supporting baby while encouraging them to roll from a back position to a front position
3. Encouraging baby to make kicking movements with support either in a front surf hold or using a woggle
4. Encouraging baby with cues to submerge in a Duckling Dive
5. Swimming around the pool with baby holding onto your back
6. Cueing baby to submerge vertically and rotate 180° in the pool
7. Supporting baby in a front hold, encouraging baby to move forwards and grasp a toy, then return with support in a back float position

Starfish 6

1. Encouraging baby to enter the water freely from a sitting position on the poolside
2. Encouraging baby to move freely through the water, either with minimal support or with the use of a buoyancy aid
3. Cueing baby to submerge vertically and rotate 360° in the pool
4. Supporting baby by the hands and encouraging movement in a figure of 8 or snaking pattern through the water
5. Taking baby for a front or back ride through the water, with or without support

6. Cueing baby to submerge in a Duckling Dive towards the poolside and encouraging baby to hold onto the poolside and climb out (if baby has the physical ability)

Kickers 1 (new starters) Ages 2.5-3.5yrs

Stanley 1-2

Kickers 2 (confident swimmers) Ages 2.5-3.5yrs

Stanley 3-4

Explorers 1 (new starters) Ages 3.5-4.5yrs

Stanley 1-2

Explorers 2 (confident swimmers) Ages 3.5-4.5yrs

Stanley 3-4

Please see other guidance document for all Stanley levels