

Swim the Rainbow is a unique program that personalises learning to swim for children with a disability. It provides social opportunities and recognises progress as a child moves through the colours of the rainbow. As they achieve their goals it supports them in the transition to squads and mainstream aqua activities.

**Red**  
**Water Confidence**

- 1 Safe entry
- 2 Monkeys
- 3 Get face wet
- 4 Floating on back, assisted
- 5 Leg movement
- 6 Assisted fall-in-and-save technique (humpty dumpty)

**Orange**  
**Safety Basics**

- 1 Submerging face
- 2 Floating on front and back, assisted
- 3 Dog paddle, assisted
- 4 Treading water, assisted
- 5 Kicking with board

**Yellow**  
**Resistance and Buoyancy**

- 1 Takes instructions
- 2 Independent recovery and control
- 3 Floating on back, front and flip
- 4 Submerging and bubbles, assisted
- 5 Sculling, assisted
- 6 Confident vertical and horizontal

The Lead Teacher decides when a child can safely transition to the next colour

**Green**  
**Towards Independence**

- 1 Interaction with other children
- 2 Confident body control in and under water
- 3 Independent floating
- 4 Backstroke survival skills
- 5 Independent streamlines
- 6 Independent kicking

**Blue**  
**Transition to Swim Strokes**

- 1 Sustained flutter kicking 5m (front and back)
- 2 Sustained streamlines 5m
- 3 Freestyle arms
- 4 Breaststroke arms
- 5 Backstroke arms

Learning becomes swim training as the children transition to Squads

Shared lessons are introduced (session times may change)

**Indigo**  
**Introduction to Squads**

- 1 Side breathing with arms
- 2 Breaststroke kick
- 3 Freestyle 15m
- 4 Backstroke 15m
- 5 Breaststroke 15m
- 6 Survival backstroke

**Squads**

**Violet**  
**Swim the Rainbow!**

- 1 Side stroke
- 2 Dolphin kicking
- 3 Butterfly 15m
- 4 Freestyle 25m+
- 5 Backstroke 25m+
- 6 Breaststroke 25m+

Swim the Rainbow 2.0 **WHAT'S NEW**

**rainbow edge**

**Qualified Teachers**  
Specialised training and support for Swim the Rainbow Teachers

**Occupational Therapists**  
Inform the program and support teachers with learning techniques

**Visual Aids**  
Help children develop their skills and reach their goals

**Certificates**  
To recognise progress and participation

**Social Participation**  
Play together sessions and community events



NDIS Reports available on request