

Multicultural Women Swim and Survive Lessons

Swimwear Options Reference Guide



OPTION A



OPTION B



OPTION C



OPTION D



SUPERVISION ONLY



Minimal coverage ideal for active swimming programs and competitions



Some coverage ideal for group activities and programs



Greater coverage with lightweight material suitable for supervised programs. Tighter



Complete head and body coverage with lightweight material suitable for shallow water. Loose fit



Supervision Only - Complete coverage only suitable for supervising children in shallow water (ankle deep)



Swimwear not a risk factor



Swimwear not a risk factor



Minor restriction of movement, additional weight



Will restrict movement and increase fatigue in water



Supervision Only - Material too heavy for aquatic activity. Lifeguards will restrict entry into the water



Ideal for advanced programs (stage 12 - Bronze)



Ideal for intermediate programs (stages 7 - 12)



Suitable for intermediate programs (stages 7 - 12)



Suitable for beginner programs (stages 1 - 6)



Not suitable for swimming/aquatic programs

For more information please speak with your instructor or visit lifesavingwa.com.au/cald-women