

Learn to swim with 14 Récré'eau levels

Discovering the water

Récré 'Eau Testing the water



Familiarity with the aquatic environment
Development of ease in the water

Continuous swimming: 2 meters

Récré 'Eau 1



Familiarity with the aquatic environment
Development of ease in the water
Submerging and controlling breathing
Continuous swimming: 5 meters

Récré 'Eau 3



Controlling breathing
Front and back float
Front and back glide
Front flutter kick
Continuous swimming: 20 meters

Récré 'Eau Mini-swimmer



Development of ease in the water
Submerging and controlling breathing

Continuous swimming: 5 meters

Récré 'Eau 2



Submerging and controlling breathing
Front and back float
Continuous swimming: 10 meters

Récré 'Eau 4



Development of ease underwater
Undulating
Front flutter kick with breathing
Back flutter kick
Continuous swimming: 30 meters

Discovering swimming and aquatic sports

Récré 'Eau 5



Undulating on front
Front crawl
Back flutter kick and shoulder roll

Elementary backstroke leg movements
Introduction to aquatic sports
Continuous swimming: 45 meters

Récré 'Eau 7



Undulating on front
Front crawl
Back crawl
Elementary backstroke
Breaststroke arm

movements with breathing
Introduction to diving
Continuous swimming: 75 meters

Récré 'Eau 8



Undulating on front
Front crawl
Back crawl
Elementary backstroke
Breaststroke arm and leg movements

Introduction to competitive swimming
Continuous swimming: 150 meters

Récré 'Eau 6



Undulating on front
Front crawl
Back crawl
Elementary backstroke arm and legs movements

Breaststroke arm movements
Introduction to diving
Continuous swimming: 60 meters

Récré 'Eau 9



Undulating on front
Front crawl
Back crawl
Elementary backstroke
Breaststroke

Sidestroke leg movements
Introduction to water-polo
Continuous swimming: 200 meters

Refining techniques and discovering lifeguarding

Récré 'Eau 10

Perfecting the front crawl, back crawl, elementary backstroke and breaststroke
Sidestroke arm and leg movements
Récré'eau challenge
Introduction to lifeguarding



Récré 'Eau 11



Perfecting the front crawl, back crawl, elementary backstroke and breaststroke
Sidestroke

Introduction to butterfly
Récré'eau challenge
Further development of lifeguarding techniques

Récré 'Eau 12



Perfecting the front crawl, back crawl, elementary backstroke, breaststroke and sidestroke

Butterfly
Récré'eau challenge
Increasing knowledge of lifeguarding