

Mon Glór Nua Nua
Joe



PAWS 2

	Look at objects under water	Blow bubbles under water	Star float prone	Supine & prone float in long body position	Supine kick legs with ears immersed	Prone kick legs with face immersed	Games eg log roll, play catch	Personal safety in the pool
Noah BC	✓	✓	✓	✓	✓	✓		
Gabrielle	✓	✓	✓	✓	✓	✓		
Hanna	✓	✓	✓	✓	✓	✓		
Ella	✓	✓	✓	✓	✓	✓		
Walid	✓	✓	✓	✓	✓	✓		
Antelena	✓	✓	✓	✓	✓	✓		
Brandon		✓	✓	✓	✓	✓		
Noah Buckley		✓	✓			✓		

LH

Glor na Mara
Thursday 13:00

PAWS 4



	Front crawl 5m	Back Crawl 5m	Introduce sculling	basic inverted breast stroke 5m no aid	basic breast stroke arms	basic breast stroke legs, no aid	roll prone to supine, mushroom float	supine flat body position, no float	duck dive, touch floor with hands	Fun Games	Pool safety and general safety near water
David	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ella McCabe	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Grace Walsh	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Daniel D	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Rian D	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Nial Rush	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Noah Walsh	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Michael Rafter	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ruby O'Gorman	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

McKenna Walsh ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓

Water Safety Waterford 2024/2025



Swim Paws 8

Name	Knowledge of hazards in water	Standing dive (pool over 1.8m)	50m fc	50m bc	50brs	15 m sidestroke	20m inverted	Tread water with a shirt on	Duck dive and feet first dive
Maisy Lhigan		na	✓	✓	✓	✓	✓	✓	✓
Julia Sadowska		na	✓	✓	✓	✓	✓	✓	✓
Robert Wexler									
max Cornan		na	✓	✓	✓	✓	✓	✓	✓
Sophie Mathai		na	✓	✓	✓	✓	✓	✓	✓
Robert Wexler									
Robert Wexler									



Swim Paws 8

Name	Knowledge of hazards in water	Standing dive (pool over 1.8m)	50m fc	50m bc	50brs	15 m sidestroke	20m inverted	Tread water with a turn on	Back dive and feet first dive
Glor na Mara (Monday) Kellie Gairm									
Aislinn McCarthy	✓		✓	✓	✓	✓	✓	✓	✓
Anna Cullin	✓		✓	✓	✓	x	✓	✓	✓
Maeve O Toole	✓		✓	✓	✓	x	✓	✓	✓
Isabelle Nichols	✓		✓	✓	✓	*✓	✓	x	✓
Caomhe O Toole	✓		✓	✓	✓	✓	✓	✓	✓
Take Forristal	✓		✓	✓	✓	✓	✓	✓	✓
Finn Ryan	✓		✓	✓	✓	✓	✓	✓	✓
Laura Clancy	✓		✓	✓	✓	x	x	✓	✓
Paul Clancy	✓		✓	✓	✓	✓	✓	✓	✓
Chloe Kelly	✓		✓	✓	✓	x	x	✓	✓



Swim PAWS 7

Name	Knowledge of pool safety	Standing dive (pool over 1.8mts)	25m fc	25m bc	25m brs	10m sidestroke	15m Inverted brs	Tread water	Duck dive
Sadie Richardson		na	✓	✓	✓	✓	✓	✓	✓
Sadie Richardson		na	✓	✓	✓	✓	✓	✓	✓
Tadhg Purcell		na	✓	✓	✓	✓	✓	✓	✓
Albie Ryan		na	✓	✓	✓	✓	✓	✓	✓
Willow Talley		na	✓	✓	✓	✓	✓	✓	✓
Noah Tray		na	✓	✓	✓	✓	✓	✓	✓
Naomi Lucas		na	✓	✓	✓	✓	✓	✓	✓

Monday MARCH / Feb 25



Swim PAWS 7

Name	Knowledge of pool safety	Standing dive (pool over 1.8mts)	25m fc	25m bc	25m brs	10m sidestroke	15m Inverted brs	Tread water	Duck dive
Glor na Mara lpm Kellie Galvin									
Bailey Power			✓	✓	✓	x	x	✓	✓
Jeff Gleeson			✓	✓	✓	x	✓	✓	✓
Richard O Riordan			✓	✓	✓	x	✓	✓	✓
Logan Fitzpatrick			x 15m	x 15m	✓	x	✓	✓	✓
David Ryan			✓	✓	✓	x	✓	✓	✓
Patrick Fogarty			x 15m	x 15m	✓	x	✓	✓	✓
Shemie O Sullivan			x 15m	x 15m	✓	x	✓	✓	✓
Paddy Lison			x 15m	15m	✓	x	✓	✓	✓

Shir Na Nara Monday 1pm
25th Nov 24
Xind



PAWS 5

	Basic front crawl 5m	Basic back crawl 5m	Basic breast stroke 5m	Introduce butterfly kick	Sculling head or feet first	Duck dives, hand stands, swim under water	Somersaults while in the water	Know simple hazards in the water
Oisín O Caghlá	✓	✓	✓	✓	✓	✓	✓	
Verny Kehov	✓	✓	✓	✓	✓	✓	✓	✓
Jack Rockett	✓	✓	✓	✓	✓	✓	✓	✓
Tom O Mahoney	✓	✓	✓	✓	✓	✓	✓	✓
Max Dune	✓	✓	✓	✓	✓	✓	✓	✓
Elavira	✓	✓	✓	✓	✓	✓	✓	✓
Cosmina	✓	✓	✓	✓	✓	✓	✓	✓
Virgile	✓	✓	✓	✓	✓	✓	✓	✓

Water Safety Waterford 2024/2025

All Paws 5.

LH

PAWS 3

Glor na Mara

Monday 13:00



	supine kick legs with aid	prone kick legs face immersed, no aid	demonstrate various floating shapes	blow bubbles submerged	pick up objects from under water	introduce inverted breast stroke with aid	introduce breast stroke arms (UW swim)	P&G under water arrow straight	know golden rule of swimming : Never swim alone
Marianna	✓	✓	✓	✓	✓	✓	✓	✓	✓
Kayden	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dona	✓	✓	✓	✓	✓	✓	✓	✓	✓
Abby	✓	✓	✓	✓	✓	✓	✓	✓	✓
Daniel	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cody	✓	✓	✓	✓	✓	✓	✓	✓	✓
Vlyana	✓	✓	✓	✓	✓	✓	✓	✓	✓
Vliana	✓	✓	✓	✓	✓	✓	✓	✓	✓
ilgills	✓	✓	✓	✓	✓	✓	✓	✓	✓

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Cior na Mara

6/2/25



PAWS 6

	Front crawl with breathing 7m	Back Crawl 7m	Breast stroke with breathing 7m	Sculling	Butterfl y legs	Introduce treading water	Personal safety and introduce a voice rescue
Mason Niblett Long	✓	✓	✓	✓	✓	✓	✓
Philip Drew	✓	✓	✓	✓	✓	✓	✓
Andrew Gannon	✓	✓	✓	✓	✓	✓	✓
Robin Forester	✓	✓	✓	✓	✓	✓	✓
Brian O Madra	✓	✓	✓	✓	✓	✓	✓
Dayna Richardson	✓	✓	✓	✓	✓	✓	✓
George O Madra	✓	✓	✓	✓	✓	✓	✓
Bevan Cunningham	✓	✓	✓	✓	✓	✓	✓

Cliona Mara
1pm
Friday

Jess

Feb / March



PAWS 1

	Wet face ears neck	Walk jump across pool	Blow bubbles at surface of water	Push objects with chin and nose across water	Fun games to immerse face in water	Get both feet off floor of pool eg. cycling in water	Floating as a shape supine in water	Be able to regain standing position	P&G with straight legs	Float with straight arms and legs	Personal safety and hygiene in the pool
VICTORIA SPAN	✓	✓	✓	✓	✓	X	X	✓	X	X	✓
AIANAH SPENCER	✓	✓	✓	✓	✓	X	X	✓	X	X	✓
EVE PRENDERGAST	✓	✓	✓	✓	✓	✓	X	✓	X	X	✓
SUMMAR BELLA	✓	✓	✓	X	✓	X	X	✓	X	X	✓
KERRY ELYON	✓	✓	✓	✓	✓	X	X	✓	X	X	✓

GLOR NA MARA
1P m
Friday

Jess
Feb / March



PAWS 2

	Look at objects under water	Blow bubbles under water	Star float prone	Supine & prone float in long body position	Supine kick legs with ears immerse d	Prone kick legs with face immersed	Games eg log roll, play catch	Persona l safety in the pool
AMELIA CONWAL	✓	✓	✓	✓	X	✓	✓	✓
Cian Brophy	✓	✓	✓	✓	✓	✓	✓	✓
JAMES PHELAN	✓	✓	X	X	X	✓	✓	✓
Sean Dowling	✓	✓	✓	X	X	X	✓	✓

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Kell Feb

Glor na Mara
Thursday 1pm



PAWS 3

	supine kick legs with aid	prone kick legs face immerse d, no aid	demonstr ate various floating shapes	blow bubbles submerged	pick up objects from under water	introduce inverted breast stroke with aid	introduce breast stroke arms (UW swim)	P&G under water arrow straight	know golden rule of swimming : Never swim alone
Dean Markose	✓	✓	✓	✓	✓	✓	✓	✓	✓
Liam Cronin	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shayne- Leigh	✓	✓	✓	✓	✓	✓	✓	✓	✓
Don	✓	✓	✓	✓	✓	✓	✓	✓	✓
Nicole	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ethan	✓	✓	✓	✓	✓	✓	✓	✓	✓
Zayn	✓	✓	✓	✓	✓	✓	✓	✓	✓



PAWS 3

Gbr na Mora Thursday 1pm Kellie Galvin	supine kick legs with aid	prone kick legs face immerse d ,no aid	demonstr ate various floating shapes	blow bubbles submerg ed	pick up objects from under water	introduc e inverted breast stroke with aid	introduc e breast stroke arms (UW swim)	P&G under water arrow straight	know golden rule of swimming : Never swim alone
Jesseo	✓	✓	✓	✓	✓	✓	✓	✓	✓
Emily	✓	✓	✓	✓	✓	✓	✓	✓	✓
Caroline	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bradley	✓	✓	✓	✓	✓	✓	✓	✓	✓
Kadja	✓	✓	✓	✓	✓	✓	✓	✓	✓
Nadia	✓	✓	✓	✓	✓	✓	✓	✓	✓
Vicky	✓	✓	✓	✓	✓	✓	✓	✓	✓
Alex	✓	✓	✓	✓	✓	✓	✓	✓	✓

Glor Na Mara @ 1.00 Thursday Feb



PAWS 1

	Wet face ears neck	Walk jump across pool	Blow bubbles at surface of water	Push objects with chin and nose across water	Fun games to immerse face in water	Get both feet off floor of pool eg. cycling in water	Floating as a shape supine in water	Be able to regain standing position	P&G with straight legs	Float with straight arms and legs	Personal safety and hygiene in the pool
Lily	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Craton	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Fionn	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Kiara	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Annie	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Jaden	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Milo	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Milanna	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Gloemara
1pm Monday

PAWS 6

25/10/24



	Front crawl with breathing 25 25	Back Crawl 25 25	Breast stroke with breathing 25 25	Sculling	Butterfly legs	Introduce treading water	Personal safety and introduce a voice rescue
Amber Kobbir	✓	✓	✓	✓	✓	✓	✓
Oscar Keane	✓	✓	✓	✓	✓	✓	✓
Oscar Halpin	✓	✓	✓	✓	✓	✓	✓
Nicole	✓	✓	✓	✓	✓	✓	✓
Isabel Keane	✓	✓	✓	✓	✓	✓	✓
Chloe McCarthy	✓	✓	✓	✓	✓	✓	✓
Alex Kiely	✓	✓	✓	✓	✓	✓	✓
Adam Hogan	✓	✓	✓	✓	✓	✓	✓
Jessie Harrigan	✓	✓	✓	✓	✓	✓	✓
Dara Downey	✓	✓	✓	✓	✓	✓	✓
Zach Kelly	✓	✓	✓	✓	✓	✓	✓
Emma Condon	✓	✓	✓	✓	✓	✓	✓

LH

Glor na Mara

Thursday 13:00

Done 28/11/24



PAWS 5

	Basic front crawl 5m	Basic back crawl 5m	Basic breast stroke 5m	Introduce butterfly kick	Sculling head or feet first	Duck dives, hand stands, swim under water	Somersaults while in the water	Know simple hazards in the water
Noah Kerns	✓	✓	✓	✓	✓	✓	✓	✓
Charlie Caffee	✓	✓	✓	✓	✓	✓	✓	✓
Sinena Crouman	✓	✓	✓	✓	✓	✓	✓	✓
Toby Bee	✓	✓	✓	✓	✓	✓	✓	✓
Nathan O'Sullivan	✓	✓	✓	✓	✓	✓	✓	✓
Conor McGiven	✓	✓	✓	✓	✓	✓	✓	✓

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Done
25/11/24Monday 1:00 pm
Glor na Mara

PAWS 1



	Wet face ears neck	Walk jump across pool	Blow bubbles at surface of water	Push objects with chin and nose across water	Fun games to immerse face in water	Get both feet off floor of pool eg. cycling in water	Floating as a shape supine in water	Be able to regain standing position	P&G with straight legs	Float with straight arms and legs	Personal safety and hygiene in the pool
Ade Hade	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Jaden Lee	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mark Charlie	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Gabriel Shagwastell											
Baragh	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
charlie tuff	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

No School Label

Glór Na Mara
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PAWS 5

	Basic front crawl 5m	Basic back crawl 5m	Basic breast stroke 5m	Introduce butterfly kick	Sculling head or feet first	Duck dives, hand stands, swim under water	Somersaults while in the water	Know simple hazards in the water
Albi-Jahes	✓	✓	✓	✓	✓	✓	✓	
Salm	✓	✓	✓	✓	✓	✓	✓	
Rian	✓	✓	✓	✓	✓	✓	✓	
Dahiel	✓	✓	✓	✓	✓	✓	✓	