

SWIM SCHOOL Progression Chart

WATER AWARENESS PROGRAM

Babies Level 1

6 - 18 months

NO. PER CLASS	DURATION (mins)
8	30

- Baby water awareness & parent education
- Fun in the water through the use of stimulating games & songs

- Floating, submerging & kicking on front & back
- Bubble blowing skills



Babies Level 2

18 months - 2.5 years

NO. PER CLASS	DURATION (mins)
8	30

- Independent swimming through the use of floatation aids
- Bubble blowing above & below the water

- Gliding underwater from parent to instructor
- Water Safety



Babies Level 3

2.5 - 3.5 years

NO. PER CLASS	DURATION (mins)
4	30

- More independence in the water – transition from parent to instructor
- Front & back glides & floating unaided

- Water confidence & safety
- Increased independent swimming under & above the water



BASIC LEARN TO SWIM

School Age Level 1

(SA-L1) 3.5 years +

NO. PER CLASS	DURATION (mins)
4	30

- Building confidence in the water without parental assistance
- Developing submersion, floating & gliding skills

- Developing basic kicking skills
- Developing independent movement



School Age Level 2

(SA-L2)

NO. PER CLASS	DURATION (mins)
4	30

- Advancing independent movement in the water
- Further developing submersion, floating & gliding skills

- Introducing straight leg kicking & unilateral breathing
- Swim 5m with coordination of arm circles



School Age Level 3

(SA-L3)

NO. PER CLASS	DURATION (mins)
4	30

- Developing deep water confidence
- Straight leg kick, 10m
- Basic Freestyle with bilateral breathing, 5m

- Basic Backstroke, 5m
- Introduce diving & somersault skills



School Age Level 4

(SA-L4)

NO. PER CLASS	DURATION (mins)
4	30

- Streamlined kick, 5m
- Freestyle with bilateral breathing, 10m

- Basic Backstroke, 10m
- Introduce Breaststroke Concept



School Age Level 5

(SA-L5)

NO. PER CLASS	DURATION (mins)
5	30

- Streamlined kick, 10m
- Freestyle with bilateral breathing, 15m
- Backstroke, 15m

- Basic Breaststroke, 10m
- Introduce Butterfly kick & timing



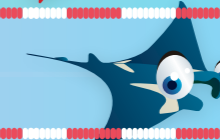
ADVANCED LEARN TO SWIM

School Age Level 6

(SA-L6)

NO. PER CLASS	DURATION (mins)
6	30

25m Freestyle with bilateral breathing, 25m Backstroke, 15m basic Breaststroke, 10m basic Butterfly



School Age Level 7

(SA-L7)

NO. PER CLASS	DURATION (mins)
7	30

50m Freestyle, 50m Backstroke, 25m Breaststroke, 12.5m basic Butterfly

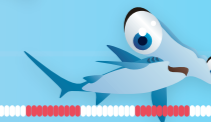


School Age Level 8

(SA-L8)

NO. PER CLASS	DURATION (mins)
8	30

75m Freestyle, 75m Backstroke, 50m Breaststroke, 25m Butterfly



JUNIOR SQUADS

Junior Strokes

NO. PER CLASS	DURATION (mins)
10	60

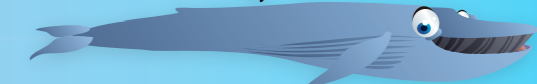
400m Freestyle, 200m Backstroke, 200m Breaststroke, 50m Butterfly



Senior Strokes

NO. PER CLASS	DURATION (mins)
10	60

1000m Freestyle, 400m Backstroke, 400m Breaststroke, 100m Butterfly



Adult Learn To Swim



NO. PER CLASS	DURATION (mins)
4-6	30

Adults Level 1 (ADLTS-1)

- No swimming experience needed
- Learn basic swimming skills to feel more confident in & around water

Adults Level 2 (ADLTS-2)

- Basic Freestyle & Backstroke
- Improve stroke efficiency
- Introduce Breaststroke

Adult Stroke Correction (ADSTR)

- Skill development for all strokes
- Endurance work to help increase strength
- Stroke correction



Get Speedo Fit

NO. PER CLASS	DURATION (mins)
Recreational Squad	60

- For swimmers who can swim 50m Freestyle competently
- Improve your overall fitness whilst improving your stroke

Advanced Swim Squad



NO. PER CLASS	DURATION (mins)
Squad Program	Varied

Professional coaching for novice to senior elite which maximises physical potential & enjoyment of swimming.