



## Learn to Swim

### Level 1 - Infant Class

Ages 12mo to 2yrs

Parents are in the water with their child and are guided through various short exercises by the instructor. The purpose of this class is aquatic familiarisation. As your child becomes comfortable in the water, they will be taught how to float unassisted and how to swim safely to the side of the pool.



### Level 2 - Toddler Class

Ages 2 to 3

Parents are in the water with their child and are guided through a various short exercises by the instructor. The purpose of this class is to build confidence in the child and to teach basic water safety skills.

As your child becomes more advanced, they will be taught how to float unassisted and will be introduced to the water safety sequence which is essential in teaching children to be safe in and around the water.



### Level 3 - Non Swimmers

Ages 4+

This class is open to children who are not able to swim by themselves. This class focuses primarily on the Water Safety Sequence. Children will also be introduced to correct body position for swimming strokes both unassisted and kick assisted.



### Level 4 - Non Swimmers

Ages 4+

This class is open to children who are not able to swim by themselves but who are confident in putting their face in the water, blowing bubbles and jumping in the pool with a flotation device. The focus of this class is to get students swimming on their own, up to 25m and able to roll over into the star float position without the assistance of the teacher.



### Level 5 - Freestyle & Backstroke Class

Ages 4+

The focus in this class is on developing the two long axis strokes. Swimmers are now able to swim unassisted and can complete the Water Safety Sequence. Correct technique will be taught through stationary exercises and active exercises. Kicking also makes up a significant part of this class as technique cannot be maintained without active propulsion from the legs.



### Level 6 - Freestyle & Backstroke Class

Ages 5+

This class continues the swimmers development of Freestyle and Backstroke. However, the focus now shifts to learning how to swim effective breathing technique and correct head position along with further development of backstroke technique including how to finish correctly at the end of each backstroke swim.



### Level 7 - Butterfly & Breaststroke Class

This class focus specifically on developing the short axis strokes. Butterfly and Breaststroke is taught through stationary and active exercises with a major focus on teaching correct kick technique and correct arm strokes.

Though the focus is on Butterfly and Breaststroke, the instructors will regularly revisit Freestyle and Backstroke to ensure that muscle memory is continuously developed.



### Level 8 - Butterfly & Breaststroke Class

This class continues the focus of developing the short axis strokes. Butterfly and Breaststroke is taught through stationary and active exercise patterns with a major focus now on teaching correct timing in both strokes and correct breathing patterns.

Though the focus is on Butterfly and Breaststroke, the instructors will regularly revisit Freestyle and Backstroke to ensure that muscle memory is continuously developed.



### Level 9 - Racing Skills Class

At this level the swimmers are now able to complete 25m of Freestyle, Backstroke, Breaststroke and Butterfly with correct technique and unassisted.

This level focuses on introducing starts, turns and finish technique for all 4 strokes and incorporates further kick development and stroke efficiency along with the introduction to some endurance training. The aim is for all swimmers to be able to join a club program after this level and as such can swim at 50m of the four competitive strokes with correct starts, turns and finishes and the 100m Individual Medley.

