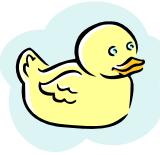


SWIMMING LEVELS

Pre-School (3yrs - 5yrs)

Ducklings will learn to develop water confidence with breath control, floating and water familiarisation activities in a fun, relaxed and encouraging environment. Ratio 1:3



Swordfish will begin to coordinate the arms and legs for freestyle and backstroke, whilst developing survival skills in the water with an emphasis on correct body position in the water. Ratio 1:4

Penguins will be further developing their freestyle, backstroke and breaststroke skills over a longer distance, and will be introduced to some new survival skills at this level. Ratio 1:6



Tadpoles will learn to develop efficient kicking action and body position in the water, which are the foundation for good stroke development. Ratio 1:4



Turtles will strengthen the coordination of arms, legs and breathing for freestyle and backstroke whilst also developing confidence and survival skills. Ratio 1:4



Seals will focus on strength, endurance and technique in freestyle, backstroke and breaststroke and will be introduced to the butterfly kick. Seals will also practice diving and tumble turns. Ratio 1:6



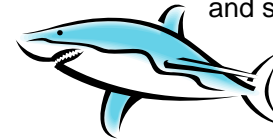
Jelly fish will begin to coordinate the arms and legs for freestyle and backstroke, whilst at the same time furthering confidence with safety skills emphasising body position. Ratio 1:4



Stingrays will further develop the coordination of freestyle and backstroke whilst strengthening their technique and learning valuable survival skills along the way. Ratio 1:5



Sharks will practice all four swimming strokes, focusing on technique, endurance and stamina. Students will also learn to exhibit a comprehensive range of survival skills. Ratio 1:7

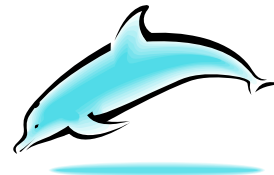


School age (5yrs +)

Seahorses will be increasing confidence in the water by developing efficient kicking action and body position in the water, which are the foundation for good stroke development. Ratio 1:4



Dolphins will be strengthening their freestyle and backstroke skills and will be introduced to the basic concepts of breaststroke and some new survival skills. Ratio 1:5



Orcas are a squad level that goes for 1 hour. Orcas will be introduced to the competitive aspects of swimming, including racing starts and turns. Students will also further develop their survival skills. Ratio 1:8

