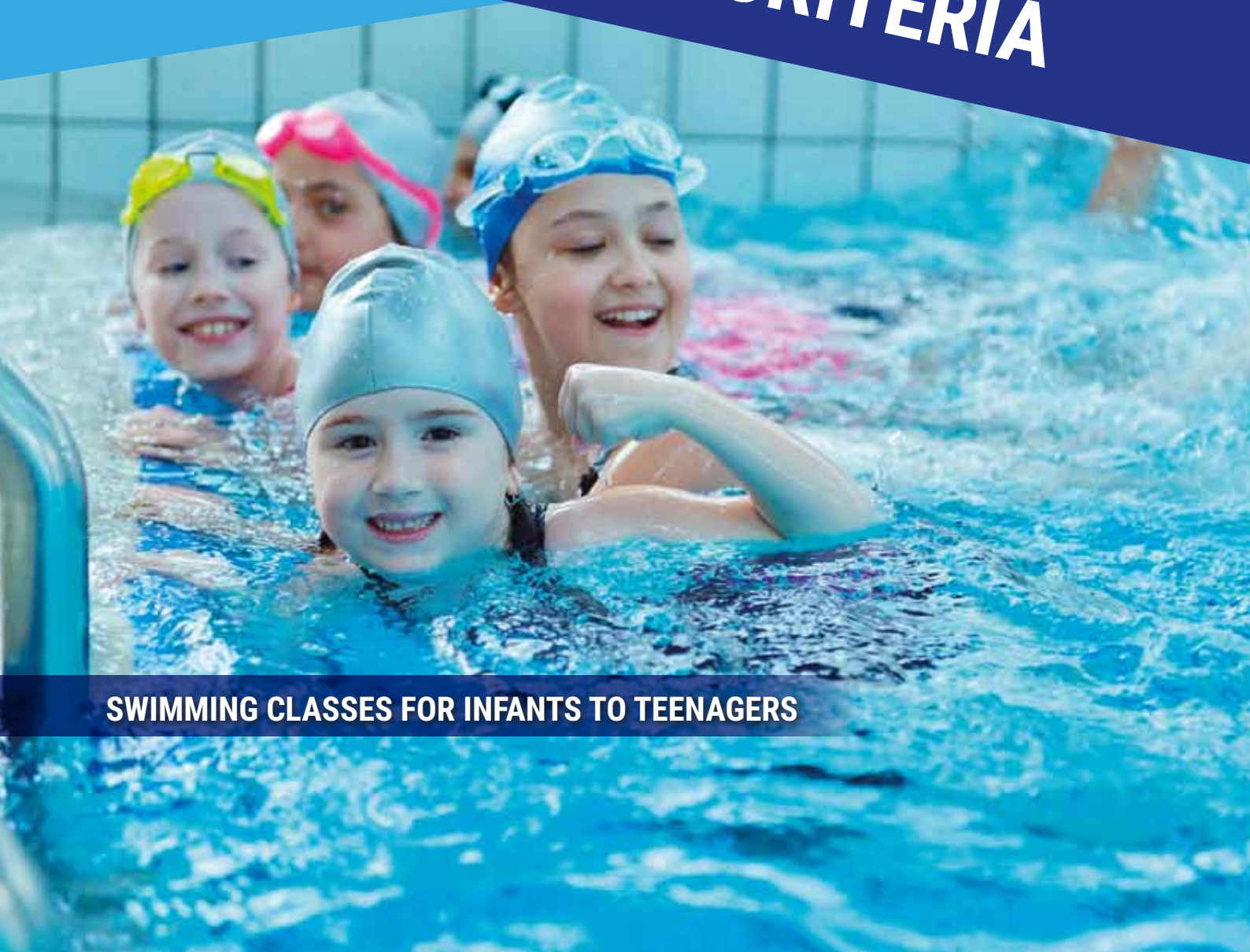




YOUR COMMUNITY LEARN TO SWIM SCHOOL

LEARN TO SWIM PROGRESSION CRITERIA



SWIMMING CLASSES FOR INFANTS TO TEENAGERS

CLASSES ARE HELD SEVEN DAYS A WEEK (30 minute classes)

- Lessons available from 6 months of age to adults.
- Classes run from 7.30am & 3.30pm Monday to Friday, 7.30am Saturday & 9.00am Sunday.
- Group Classes – capped numbers.
- Private Classes – ratio of one teacher to one swimmer.
- Semi Private Classes – ratio of one teacher to two swimmers.
- Children over 3 years old are individually assessed and allocated to an appropriate class.
- Indoor teaching pool, heated to 32°C.

HOLIDAY SWIMMING BLOCKS (please see insert for dates and pricing)

- Enrolment is for every day of the five day block.
- 30 minute classes.
- Sea Stars to Dolphins (no infant classes).
- Classes will run subject to sufficient numbers.
- No refunds or make ups for holiday blocks.

Contact the Learn to Swim Reception Team on (07) 3324 9391

INFANT CLASSES (parent involved)

- | | |
|----------------|-----------------------------|
| • 6-12 months | Baby Water Awareness |
| • 12-18 months | Toddler Turtles |
| • 18-24 months | Piranhas |
| • 24-30 months | Oysters |

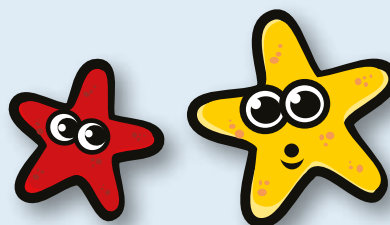
TRANSITIONAL CLASSES (parent optional)

- | | |
|----------------|--------------------|
| • 30-36 months | Sea Urchins |
|----------------|--------------------|

FORMAL LEARNING CLASSES

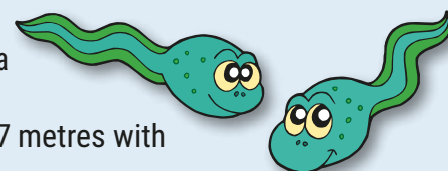
Sea Star > Tadpole

- Streamline kick for 2-3 metres.
- Paddle/kick for 3 metres without a flotation aid.
- Float on front and back unassisted for minimum 5 seconds.
- Able to fall into the pool and comfortably recover to the edge.
- Comfortably submerge to the bottom of the pool and retrieve an object.



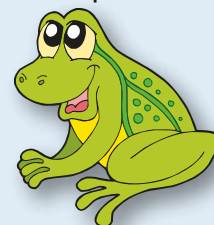
Tadpole > Frog

- Comfortably streamline on front and kick on back with arms by side for a minimum of 5 metres with good head position.
- Demonstrate recognisable bubble arm, breathing arm for a minimum of 7 metres with flotation aid.
- Demonstrate recognisable Backstroke for a minimum of 7 metres with a flotation aid.
- Demonstrate recognisable bubble arm, breathe arm for a minimum of 5 metres without a flotation aid.
- Float on front and back unassisted for a minimum of 10 seconds.
- Confidently submerge to the bottom of the pool to retrieve an object and return to the edge of the pool.



Frog > Sea Lion

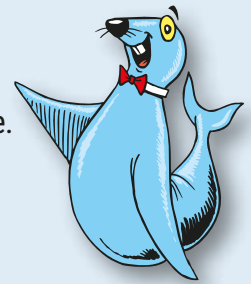
- Comfortably swim recognisable bubble arm, bubble arm, breathe arm with good head and body position for 10 metres.
- Comfortably swim recognisable Backstroke with good head and body position for 10 metres.



- Demonstrate a knowledge of both Breaststroke and Butterfly kick.
- Can tread water for a minimum of 20 seconds
- Demonstrate ability to recover from front and back float and return to edge of the pool from a distance of 10 metres.
- Demonstrate an ability to swim without the instructor in the pool.

Sea Lion > Beaver

- Comfortably swim 25 metres Freestyle and Backstroke demonstrating sound technique.
- Comfortably Breaststroke kick 25 metres with recognisable whip-kick action.
- Comfortably Butterfly kick a minimum of 12.5 metres.
- Demonstrate knowledge of Breaststroke arms.



Beaver > Otter

- Confidently swim 25 metres Freestyle and Backstroke demonstrating good technique and bi-lateral breathing.
- Comfortably swim 25 metres Breaststroke demonstrating knowledge of correct timing (Pull, Breathe, Kick, Glide).
- Comfortably streamline kicks front and back for 25 metres.
- Comfortably Butterfly kicks 25 metres with Breaststroke arms to breathe.
- Able to demonstrate 2 drills for Freestyle, Backstroke and Breaststroke for 25 metres.



Otter > Dolphin

- Able to Comfortably swim 2 x 25 metres Freestyle, Backstroke and Breaststroke with a 20 second rest demonstrating sound technique with correct timing.
- Comfortably swim recognisable Butterfly for 12.5 metres.
- Able to demonstrate 2 drills for all 4 strokes for 25 metres.



Dolphin > Mini Squad

- Able to swim 2x50 metres Freestyle continuously while demonstrating and holding correct technique.
- Able to swim 2x50 metres Backstroke continuously while demonstrating and holding correct technique.
- Able to swim 2x50 metres Breaststroke continuously while demonstrating and holding correct technique.
- Able to swim 25 metres Butterfly demonstrating knowledge of arms with sound kicking technique.
- Able to demonstrate 3 drills for all 4 strokes for 25 metres.



Mini Squad > Junior Squad *(Swimmers will be assessed at the end of each term)*

- Able to demonstrate streamlining off wall for starts & turns.
- Freestyle - able to swim 100 metres continuously while demonstrating and holding correct technique with bilateral breathing.
- Backstroke - able to swim 100 metres continuously while demonstrating and holding correct technique with count from backstroke flags to the wall.
- Breaststroke - able to swim 100 metres continuously while demonstrating and holding correct technique with glide sequence implemented in this stroke.
- Butterfly - Maintain technique over 25 metres with correct timing of stroke.
- Knowledge of tumble turns.
- Knowledge of dives and starts.
- How to implement the time clock.

