



Swim
Bright

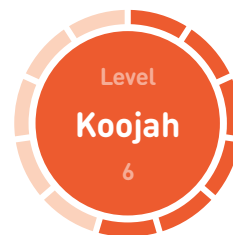
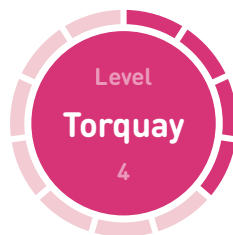
Learn to Swim Progress Chart

Babies & Toddlers

Transition

Preschool

Learn to Swim School Age



Our Babies & Toddlers program is designed to build water familiarisation, confidence and comfort in and around the water. Your child will learn to safely submerge and other skills in a fun, engaging and safe environment.

Age: 6-18 months
Class: 1 teacher – 8 students
Duration: 30 min

Age: 18-36 months
Class: 1 teacher – 8 students
Duration: 30 min

Age: +2.5 years
Class: 1 teacher – 4 students
Duration: 30 min

Our Preschool program aims to promote confidence in the water. The ability to achieve a comfortable float with the gradual introduction of freestyle and backstroke will be the main focus of these levels.

Age: Under 5 years
Class: 1 teacher – 4 students
Duration: 30 min

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Class: 1 teacher – 4 students
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See other side for program description.

Age: +5 years
Class: 1 teacher – 4 students
Duration: 30 min

Outcomes:

- Enter water safely
- Hold breath
- Open eyes in the water
- Submerge aided/unaided
- Fall/glide to teacher
- Back float and recover
- Emotionally confident

Outcomes:

- Water familiarisation
- Back and front float independently
- Torpedo 3m on front
- Kick on back 3m

Outcomes:

- Basic freestyle and backstroke kick and arms
- Perfect blowing bubbles technique
- Safe entry & exit

Outcomes:

- Water familiarisation
- Back and front float independently
- Torpedo 5m on front
- Back torpedo 5m



**Swim
Bright**

Learn to Swim Progress Chart

Learn to Swim

School Age



Our school age program promotes confidence in the water with the gradual introduction of all the major strokes. Your child will gain the strength and technique to be a confident swimmer.

Age: +5 years
Class: 1 teacher – 4 students
Duration: 30 min

Outcomes:

- Streamlined Torpedo 10m
- Freestyle Side Breathe 10m
- Backstroke 10m
- Survival Backstroke
- Basic Dolphin Kick
- Kneeling dive

Age: +5 years
Class: 1 teacher – 4 students
Duration: 30 min

Outcomes:

- Streamlined Push, Glide & Kick
- Freestyle correct technique 20m
- Backstroke correct technique 20m
- Intro to Aided Breaststroke Kick
- Butterfly kick and intro to arms
- Crouch dive

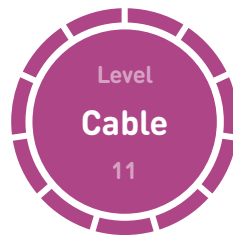
Age: +5 years
Class: 1 teacher – 5 students
Duration: 30 min

Outcomes:

- Underwater Push Start from wall
- 25m Freestyle Correct technique
- 25m Backstroke correct Technique
- Aided Breaststroke Kick
- Fly Kick into to Fly timing
- Basic Freestyle Tumble turn
- Intro to Diving (block)

Stroke Development

School Age



Our stroke program is designed to develop correct technique and increase endurance. Children will be proficient in all four strokes, dives, turns and prepared to take their swimming to the next level competitively.

Age: +5 years
Class: 1 teacher – 6 students
Duration: 30 min

Outcomes:

- 50m Freestyle Correct technique
- 50m Backstroke Correct technique
- Butterfly 15m inc understanding of timing.
- Backstroke turn
- Streamlined push-start & fly kicks from wall
- Diving from Block

Age: +5 years
Class: 1 teacher – 6 students
Duration: 30 min

Outcomes:

- Correct technique
- 100m Freestyle
- 50m Backstroke
- 50m Breaststroke
- 25 Fly (no Fins)
- Understanding the Pace clock
- Race starts and touch turns

Squads

+5 Years Old

Our squad program will build endurance whilst perfecting technique and mastering competitive starts and turns.

Swimmers will be able to swim for fitness or competitively.

BRONZE

Duration: 45 min
Requirements: Water bottle & long flippers



SILVER

Duration: 60 min
Requirements: Water bottle, long flippers, pull buoy & pull band



GOLD

Duration: 90 min
Requirements: Water bottle, long flippers, pull buoy, hand band, front snorkel & hand paddles