

# Learn to Swim Progression Chart

## Babies & Toddlers



## Transition



## Preschool



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: 8-9 students

**Duration:** 30 min

**Age:** 18-36 months

**Class:** 1 teacher: 8-9 students

**Duration:** 30 min

**Age:** +3 years

**Class:** 1 teacher: 4-5 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

**Age:** Under 5 years

**Class:** 1 teacher: 4-5 students

**Duration:** 30 min

### Outcomes:

No Outcomes for this level.

### Outcomes:

- Bubbles on command
- Intro to Kicking with an aid
- Supported kicking on back
- Assisted torpedo & recover to the edge
- Assisted paddle and kick
- Basic torpedo (aided/ unaided)

### Outcomes:

- Bubbles on command
- Intro to kicking with an aid
- Supported kicking on back
- Assisted torpedo and recover to pool edge
- Assisted paddle and kick
- Shows confidence in a water environment

### Outcomes:

- Blow bubbles with face in the water
- Basic torpedo 3-5m
- Flutter kick on front aided 3-5m
- Kick on back aided 3-5m
- Intro to independent back kick 3-5m

### Outcomes:

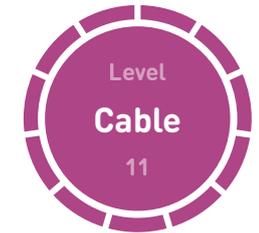
- Independent back float
- Streamlined torpedo 5m
- Basic freestyle 5m
- Basic backstroke 5m
- Intro to freestyle with side breathe

# Learn to Swim Progression Chart

## Learn to Swim School Age



## Stroke Development 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.

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: 4-5 students  
**Duration:** 30 min

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

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

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

**Age:** +5 years  
**Class:** 1 teacher: 6-7 students  
**Duration:** 30 min

**Age:** +5 years  
**Class:** 1 teacher: 6-7 students  
**Duration:** 30 min

### Outcomes:

- Water familiarisation
- Back and front float independently
- Torpedo 5m on front
- Basic Freestyle and Backstroke 5m
- Kicking on back 5m

### Outcomes:

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

### 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

### Outcomes:

- Underwater Push Start from wall
- 25m Freestyle Correct technique
- 25m Backstroke correct Technique
- Intro to Breaststroke arms and timing
- Intro to Butterfly timing
- Basic Freestyle Tumble turn

### Outcomes:

- 25m Freestyle Correct technique
- 25m Backstroke Correct technique
- Butterfly 15m with Fins and timing
- 25m Breaststroke
- Backstroke turn
- Race skills introduction

### Outcomes:

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



# Learn to Swim Specialist Programs

## Learn to Swim

Pre-Squad

**Duration:** 45 mins

**Outcomes:**

- 100m Freestyle Correct Technique including turns
- 100m Backstroke Correct Technique including turns
- 75m Breaststroke with Correct Technique
- 50m Butterfly with Correct Timing (no Fins)
- Underwater breakouts
- Understanding the Pace clock
- Race starts and touch turns

## Learn to Swim

Pre-Teen Beginner (8-12 yrs)

**Duration:** 30 mins

**Outcomes:**

Our Pre-Teen class is designed for students aged 8-12 with limited experience in the water. This level will promote confidence within the water and introduce the major strokes, or build off any prior experience. Students will work towards proficiency in basic freestyle and backstroke, as well as introduction to survival strokes and skills.

## Learn to Swim

Teen Beginner and Intermediate (12-17 yrs)

**Duration:** 30 mins

**Outcomes:**

Our Teen class is designed for students aged 12+ with limited experience in the water. This level will promote confidence within the water and introduce the major strokes, or build off any prior experience. Students will work towards proficiency in basic freestyle and backstroke, as well as introduction to survival strokes and skills.

## Learn to Swim

Adult Beginner and Intermediate (18+)

**Duration:** 30 mins

**Outcomes:**

Our Adults - Beginner and Intermediate classes - are designed for adults with little (recent or extended period of time) to no experience in the water. Adults will develop confidence and strength in the water, through introduction of floating, basic freestyle and backstroke and breathwork. The main aim of these levels is to promote comfort in the water and a progression into 25m distance swimming. 18+

## Adult Squad

### Ignite

**Duration:** 45 minutes

IGNITE is a beginner-friendly squad designed for all swimmers looking to build strong stroke fundamentals and refine their technique.

Must be able to swim 800m - 1000m for a 45-minute session.



### Elevate

**Duration:** 1 hr

Swimmers and triathletes who can swim 1500m - 2000m per 1 hr session. Emphasis on endurance stroke refinement through structured workouts that incorporate a variety of strokes and intervals.



### Apex

**Duration:** 1 hr 15 minutes

Tailored for experienced swimmers and triathletes who can swim 2000m-3500m and are skilled in 2 strokes. Emphasis on high-intensity training, speed development and technical fine-tuning for competitive performance.