

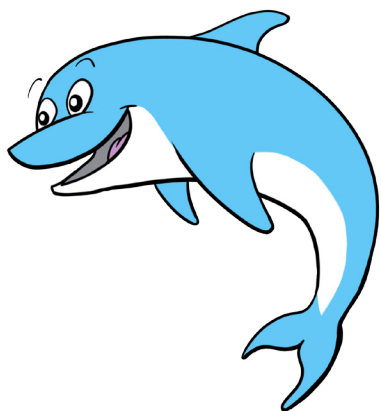
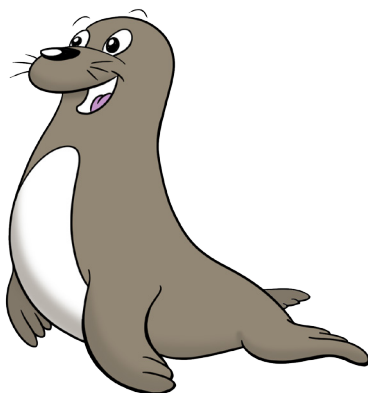


What **Your** Swimmer Will **Learn**

We aim to teach and develop stroke techniques in a safe, exciting and challenging environment to encourage continued participation in swimming.

Seals: Level 1

- Continuous, fast Freestyle kick during swimming
- Catch-up Freestyle arms with big, long strokes
- Correct head position for breathing during Freestyle
- Breathing every 3 strokes during Freestyle
- Continuous, fast Backstroke kick during swimming
- Head position is back, with high hips and toes
- Backstroke arms are big, straight & with good shoulder roll



Dolphins: Level 2

- Reinforce correct Freestyle kick, head & body position
- High elbows in Freestyle recovery with 6-Beat kick
- Reinforce correct Backstroke kick, head and body position
- Hands follow a "pinky in first" & "thumb out first" pattern
- Introduction of Breaststroke kick and Breaststroke arms
- Introduction of Butterfly/Dolphin Kick

Killer Whales: Level 3

- Swimmers will be coached in an environment more reflective of a competitive training program.
- Swim 50 metres Free & Backstroke with correct technique
- Swim 25 metres Breaststroke with correct technique
- Swim 15 metres with correct Butterfly Technique
- Introduce Flip Turns for Free/Back &
- Introduce Open Turns for Breast/Fly

