



Program Overview

Babybliss Program

*Parent & child lessons



Learn to Swim Program:

Pre-School Age



Learn to Swim Program:

School Age

0

Tadpole



Introduces babies to the aquatic environment. Builds water familiarisation and also builds their confidence.

Age: 6 months - 30 months

Class Number: 8

Duration: 30mins

Outcomes

- Enter water safely
- Hold breath
- Open eyes in the water
- Submerge aided/unaided
- Fall/glide to teacher - 1m
- Back float and recover
- Emotionally confident

1

Starfish



Our pre-school program has 3 ability based levels. The aims of this program are to promote confidence in the water and the ability to achieve a comfortable float with the gradual introduction of freestyle and backstroke.

Class Number: 3

Duration: 30mins

Outcomes

- Float for 10 sec
- Glide 4x3m
- Paddle/kick to Instructor to 3m
- Back float, recover, paddle & kick 3m

2

Jellyfish



Class Number: 4

Duration: 30mins

Outcomes

- Glide 4x3m
- Kick 6x6m
- Freestyle 6x6m (no breathing)
- Backstroke arms & kicking 2x9m

3

Goldfish



Class Number: 4

Duration: 30mins

Outcomes

- Straight arm freestyle 4x9m
- Neutral body position with kick
- Correct backstroke arm timing 4x9m

1

Seahorse



Class Number: 4

Duration: 30mins

Outcomes

- Float for 10 sec
- Glide 4x3m
- Kick with board 4x5m
- Swim with straight arms with supportive kick

2

Turtle



Class Number: 5

Duration: 30mins

Outcomes

- Glide 4x3m
- Kick with board 4x9m
- Straight arm freestyle x9m
- Backstroke kick 6x9m



Program Overview

LTS
School Age



Stroke Development
School Age



Squads
School Age

3
Stingray



Refer to reverse side for our program overview.

Class Number: 5
Duration: 30mins

Outcomes

- Straight-arm freestyle 6x9m
- Neutral body position with kick
- Correct backstroke arm timing 4x9m

4
Marlin



Our stroke development program has 4 ability based levels. This program is designed to develop correct technique and to increase endurance. Children will be proficient in all 4 strokes, basic dives and turns.

Class Number: 6
Duration: 30mins

Outcomes

- Freestyle 6x13m
- Backstroke 6x13m
- Breaststroke kick 2x13m
- Sitting dive to streamline 3m

5
Dolphin



Class Number: 7
Duration: 30mins

Outcomes

- Freestyle 4x18m
- Backstroke 4x18m
- Breaststroke 4x18m
- Butterfly 2x9m
- Kneeling dive to streamline 5m

6
Shark



Class Number: 8
Duration: 45mins

Outcomes

- Freestyle 2x50m
- Backstroke 2x50m
- Breaststroke 2x50m
- Butterfly 1x50m
- Standing dive to streamline 6m

7
Orca



Class Number: 8
Duration: 60mins

Outcomes

- Complete challenge set (once per 4 week rotation)

Our Squad Program will build endurance whilst perfecting technique and mastering competitive starts and turns. Swimmers will have the ability to choose either the Fitness or Competitive pathway.

J
Junior

Duration:
90mins

S
Senior

Duration:
120mins

F
Fitness

Duration:
90mins

Completed

Average duration in a level is between 9 - 15 months