

All Swimmers in all groups must perform a push glide (streamline) on every push/start from walls

Objectives for learn to swim stages.

Group 1 – 3 Shallow End 0 – 5m (20 – 36 weeks)

Group 1 6:30 – 6:50

Travel 2 widths on front using basic arm stroke and kick.
Travel 2 widths on back using basic arm stroke and kick.
Perform a floating position on front and back.
Perform a jump in to shoulder depth water
Regain standing position front and back.
Breathing out in the water and in at surface 5 times consecutively.

Group 2 6:50 – 7:10

Push and Glide on front and back.
Perform a head first scull
Perform a Mushroom float
Travel 1 width Breaststroke arms only (walking or swimming).
Travel 1 width Butterfly arms only (walking or swimming)

Group 3 7:10 – 7:30

Travel 1 width Butterfly kick.
Travel 1 width Breaststroke kick with/without aids.
Rotation lateral and horizontal. (Handstands, logrolls, front to back horizontally.)
Show intent to perform a feet first scull
Perform 3 float position in a row

Group 4 – 6 Shallow end 5 – 10m (20 – 32 weeks)

Group 4 6:30 – 6:50

Travel 4 widths on front using basic arm stroke and kick.
Travel 4 widths on back using basic arm stroke and kick.
Travel 2/3 widths Breaststroke kick with/without aids.
Travel 2/3 widths Butterfly kick without aids.
Perform a jump into deep water.

Group 5 6:50 – 7:10

Swimming on side enabling continuous breathing.
Travel 2 width Frontcrawl kick including breathing to the side
Push and Glide on front and log roll on to back.
Push and Glide on back and log roll on to front.
Perform a somersault within the water.
Travel 1 width Breaststroke arm and legs.

Group 6 7:10 – 7:30

Travel 2 widths single arm Butterfly (1 width left arm, 1 width right arm).
Push and glide to pool floor.
Perform a sitting dive.
Travel 1 width head first sculling.
Travel 1 width feet first sculling.
Perform stationary sculling or rotational sculling.

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Group 7 & 8 Middle of the pool (16 – 32 weeks)

Group 7 @ 6:30 – 7pm

Group 8 @ 7 – 7:30pm

Travel 4 widths Frontcrawl including a breathing pattern.
Travel 4 widths Backstroke with cupped underwater pull.
Travel 2/3 widths Breaststroke with correct timing (pull, breathe, kick, glide).
Travel 2/3 widths Butterfly (2 kicks 1 pull) with arms exiting the water.
Perform a sequence of skills to include 2 types of sculling 2 types of rotation and 2 floating shapes.
Perform a Frontcrawl tumble turn from a horizontal start.
Perform correct Breaststroke turns and Butterfly turns.
Perform Backcrawl touch turns to include stroke counting across width.
Perform a standing dive.
Tread water for 30 seconds.
Demonstrate a full understanding of buoyancy. Floating, sinking, head and feet first surface dives,
Jumps from block to include straight jumps (pencil) and straddle.

Group 9 & 10 Deep End (16 – 30 weeks)

Group 9 @ 6:30 – 7pm

Group 10 @ 7pm – 7:30pm

Continue to demonstrate Frontcrawl breathing patterns
Perform a Backstroke tumble turn 8 metres in 5 metres out.
Perform a Breaststroke turn 8 metres in 5 metres out.
Perform a Butterfly turn 8 metres in 5 metres out.
Travel 10 metres underwater from start.
Perform starts in all strokes.
Perform finishes in all strokes.
Perform a shallow racing dive from poolside.
Identify 3 types of dive and describe their uses.
Perform entries off blocks.
Perform a safe fall into deep water.
Travel 6 widths kick of all 4 strokes.
Perform 3 widths of each stroke with correct under water phases at start and turns.

Monthly with lane rope in

Travel 25 metres Frontcrawl with a breathing pattern.
Travel 25 metres Backstroke.
Travel 25 metres Breaststroke.
Travel 25 metres Butterfly (2 kick 1 pull) with arms exiting the water, straight arm recovery.
Perform a Frontcrawl tumble turn 8 metres in 5 metres out with breath control 2 strokes in and 2 strokes out.
Perform I.M. with correct starts, turns and finishes.