



Willoughby Leisure Swim School

Program Levels



WONDER

A water familiarisation program for parents and their children aged 12 months to 3 years.



Wonder 1

Infants from 12 months to 24 months



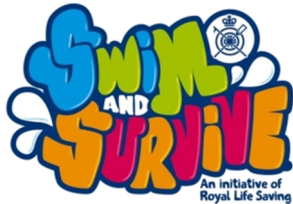
Wonder 2

Infants from 24 months to 2.5 years



Wonder 3

Infants from 2.5 years to 3 years



SUGGESTED PATHWAYS

NOT YET COMPETENT ROUTE

COMPETENT ROUTE

COURAGE

A program that builds water confidence for preschool aged children between the ages of 3 - 5 years.



Courage 1

- Fall in Wall Recovery
- Assisted float, roll & recover
- Push & glide on back
- Submerged glide to wall on front
- Push and glide from instructors legs
- Streamline kick with board and noodle under hips



Courage 2

- Fall in Wall Recovery from standing position
- Float, roll & recover
- Push, glide 3m
- Push, glide, kick 5m
- Push & glide from instructors legs & paddle to platform (NO KICKING)
- Push & glide into back kick 5m (arms by side)
- Sculling arms on back with kick



Courage 3

- Step in, roll into back float & recover to wall
- Push, glide & kick 5m from seated position
- Extended push, paddle & kick 5m
- Push & glide (streamline position) on back 3m
- Push, glide & kick (streamline position) on back 5m
- Front paddle kick, roll to back scull and kick 5m



Courage 4

- Push, glide & kick on front & roll onto back arms by side 6m
- Push, glide & Freestyle arms 6m NO KICKING
- Push, glide, Backstroke arms 6m NO KICKING
- Push, glide, kick & Freestyle arms 6m
- Push, glide, kick & Backstroke arms 6m
- Push, glide & somersault

ACTIVE...

A swimming and water safety program for school aged children between the ages of 5 - 14 years.



Developing 1

- Wall recovery from standing position (fall in)
- Float, roll & recover (Unassisted)
- Push and glide on front 3m
- Push, glide, kick 5m
- Push & glide & paddle to platform
- Push & glide on back (arms by side)
- Push & glide into back kick 5m (arms by side)



Active 1

- Step in, turn onto their back, float & recover to wall
- Unassisted push, glide & kick 5m from seated position
- Extended push, paddle & kick 5m
- Push & glide (streamline position) on back 3m NO KICKING
- Push, glide & kick (streamline position) on back 5m
- Front paddle kick, roll to back scull and kick 5m



Active 2

- Push, glide & kick on front & roll to back streamline position 6m
- Push, glide & freestyle arms 6m NO KICKING
- Push, glide, kick & freestyle arms 6m
- Push, glide, backstroke arms 6 NO KICKING
- Push, glide, kick & backstroke arms 6m



Active 3

- Freestyle 16m - breathing to one side
- Backstroke 16m
- Breaststroke kick on board 8m - with or without a board
- Breaststroke kick on back with board
- Dolphin dives



Willoughby Leisure Swim School Program Levels



...ACTIVE



Active 4

- Freestyle 20m
- Backstroke 20m
- Freestyle and Backstroke Starts
- Breaststroke 20m



Active 5

- Freestyle 50m
- Backstroke 50m
- Breaststroke 50m
- Butterfly 50m

MINI SQUADS



Our Mini Squad is aimed at children 8yrs to 14yrs old. It is an introduction to Squad sessions and allows our swimmers to build on what they have learnt in LTS and take their swimming to another level. They will refine their technique in all four of the competitive strokes. Swimmers will develop speed and fitness whilst learning the skills in diving, turns, starts and racing.

Mini Squad Progression

Mini Squad is the final stage of the Willoughby Swim Schools Program. Once students are competent in Mini Squads they will be referred by their coach to a competitive Squad group if they wish to continue swimming as a sport.

ADOLESCENT

Our Adult Learn to Swim classes aim to build confidence in the water, introduce swimming and survival skills, correct technique and build fitness.



Adolescent Beginner

- Step in, back float & recover to wall
- Unassisted push, glide & kick 5m from seated position
- Extended push, paddle and kick 5m
- Push and glide (streamline position) on back 3m
- Push, glide and kick (streamline position) on back 5m
- Front paddle kick, roll to back skull and kick 5m



Adolescent Intermediate

- Freestyle—breathing on one side
- Backstroke for 16m
- Dolphin Dives

Adolescent Progression

After the completion of the adolescent Intermediate level, students will integrate into the Active program at Active level 4 or depending on the age of the Adolescent they may progress into the Adults Advanced level.

ADULTS

Our Adult Learn to Swim classes aim to build confidence in the water, introduce swimming and survival skills, correct technique and build fitness.



Adult Beginner

- Step in, back float & recover to wall
- Unassisted push, glide & kick 5m from seated position
- Extended push, paddle and kick 5m
- Push and glide (streamline position) on back 3m
- Push, glide and kick (streamline position) on back 5m
- Front paddle kick, roll to back skull and kick 5m



Adult Intermediate

- Freestyle - breathing on one side
- Backstroke for 16m
- Dolphin Dives
- Dolphin dives



Adults Advanced

- Dives, starts and turns
- Freestyle 50m
- Backstroke 50m

