

elixr

SWIM SCHOOL PROGRESSIONS



Parent & Baby One

6-16 months
7 Students: 1 Instructor

Key Skills

- Parental education
- Water familiarisation
- Breath Control
- Relaxation
- 30 minutes

Parent & Baby Two

16m -2 years
7 Students: 1 Instructor

Key Skills

- Parental education
- Water familiarisation
- Breath Control
- Relaxation
- Submersion
- 30 minutes

Parent & Baby Three

2-3 years
7 Students: 1 Instructor

Key Skills

- Breath Control
- Submersion
- Propulsion
- Recovery
- Confidence
- 30 minutes

Toddler

2.5-3.5 years
2 Students: 1 Instructor

Key Skills

- Assisted swim arounds
- Assisted Body Rolls
- Safe Entry and exit
- Confidence without a parent in the water.
- 30 Minutes

Preschool Transition

2.75 years -3.5 years approx
2 Students: 1 Instructor

Key Skills

- Assisted Front & Back Strokes
- Confidence
- Safe entry and exit
- Log Rolls & Pop ups
- 30 minutes

Preschool T1

3.5 - 4 years approx
2 Students: 1 Instructor

Key Skills

- Unassisted Freestyle & Backstroke
- Confidence & relaxed glides
- Assisted Breaststroke & Fly legs
- Safe entry and exit
- Log Rolls & Pop ups
- 30 minutes

Preschool T2

4 years - Primary School approx
2 Students: 1 Instructor

Key Skills

- Independent Freestyle & Backstroke
- Confidence & relaxed glides
- Unassisted Breaststroke & Fly legs
- Safe entry and exit
- Log Rolls & Pop ups
- 30 minutes

Level One

3 Students: 1 Instructor

Key Skills

- 5m Freestyle & Backstroke
- Over-arms
- Confidence & relaxed glides
- 2m Breaststroke & Fly legs
- Safe entry and exit
- Front and back Float
- 30 minutes

Level Two

3 Students: 1 Instructor

Key Skills

- 8m Freestyle & Backstroke
- 5m Breaststroke & Fly legs
- Over-arms & side breathing
- Safe entry and exit
- Treading water 1 min
- 30 minutes

Level Three

4 Students: 1 Instructor

Key Skills

- 12.5m Freestyle & Backstroke
- Confidence & relaxed glides
- 8m Breaststroke & Fly legs
- Forward Roll
- Treading water 2 min
- 30 minutes

Level Four

4 Students: 1 Instructor

Key Skills

- 25m Freestyle & Backstroke
- Confidence & relaxed glides
- 12.5 Breaststroke & Fly legs
- Forward and back Roll
- Treading water 3 min
- 30 minutes

Level Five

Junior Development
5 Students: 1 Instructor

Key Skills

- 50m Bi lateral Freestyle & Backstroke
- Working on good timing
- 25m Breaststroke & Fly legs
- Starts and turns
- Endurance
- 30 minutes

Level Six

Pre Squad
6 Students: 1 Instructor

Key Skills

- 100m Bi lateral Freestyle & Backstroke
- Working on good timing
- 50m Breaststroke & Fly legs
- Starts and turns
- Endurance

Level Seven

Mini Squad
6 Students: 1 Instructor

Key Skills

- 200m Bi lateral Freestyle & Backstroke
- Working on good timing
- 100m Breaststroke & Fly legs
- Starts and turns
- Endurance
- 30 minutes

Squad

6 Students: 1 Instructor

1 hour squad

Based on drills
No stroke correction
Generally primary school age
All 4 strokes

Squad Fitness

6 Students: 1 Instructor

1 hour squad

Based on drills
No stroke correction
Generally High school age
All 4 strokes

