



SAILFISH SWIM SCHOOL

CITY OF COFFS HARBOUR POOLS

INFANTS 30 min class – 8 children in a class (parent/carer in the water)

Baby 1: Starfish - 6 months to 18 months
Baby 2: Tadpoles - 18 months to 2.5 to 3 years



AIMS OF INFANT CLASSES

Parents/carers: Develop knowledge of appropriate swimming/water safety skills for infants

Infants: Confidence and independence Enjoyment of the water experience
 Readiness for submersion plus submersions
 Water awareness and water safety skills, including self rescue skills

PRESCHOOL AGED

Level 1: Crab 30 min class / 4 students in a class / 0-3m

Crab 3 yrs (children transitioning from Tadpoles, aged between 2.5 and 3.5 yrs)

Crab A (working towards independence in all activities)

Crab B (independent swimmers)



SKILLS WORKING ON Breath control Front and back floating
 Survival back scull Push and glide Back kicking Safe entries and exits
 Independent swimming on front Treading water Self rescue skills

Level 2: Squid 30 min class / 4 students in a class / 3-6m

SKILLS WORKING ON Breath control Front and back floating Glide and kick
 Freestyle – overarm recovery, pop up breath, 4 arms Back kicking
 Safe entries and exits Survival back scull Treading water Self rescue skills



Level 3: Seahorse 30 min class / 4 students in a class / 6-10m

SKILLS WORKING ON Front streamline Freestyle – bi-lateral side breathing
 Backstroke Breaststroke kick on back Butterfly kick
 Sit down dive Survival backstroke and survival breaststroke Treading water



SCHOOL AGED

Level 1: Turtle 30 min class / 4 students in a class / 0-3m

Turtle A (working towards independence in all activities)

Turtle B (independent swimmers)

SKILLS WORKING ON Breath control Front and back floating
 Back kicking Push and glide Independent swimming on front
 Safe entries and exits Survival back scull Treading water Self rescue skills



Level 2: Octopus 30 min class / 4 students in a class / 3-6m

SKILLS WORKING ON Breath control Front and back floating Glide and kick
 Freestyle – overarm recovery, pop up breath, 4 arms Back kicking
 Safe entries and exits Survival back scull Treading water Self rescue skills



Level 3: Snapper 30 min class / 5 students in a class / 6-10m

SKILLS WORKING ON Front streamline Freestyle – bi-lateral side breathing
 Backstroke Breaststroke kick on back Butterfly kick Sit down dive
 Survival backstroke and survival breaststroke Treading water



Level 4: Tuna 30 min class / 5 students in a class / 10-15m

SKILLS WORKING ON Front streamline Freestyle Backstroke
 Breaststroke kick on front Butterfly arms Kneeling/crouch dive
 Survival strokes Treading water

Level 5: Marlin 30 min class / 6 students in a class / 15- 25m

SKILLS WORKING ON Front streamline Freestyle Backstroke
 Breaststroke Butterfly Standing dive
 Survival strokes Treading water



Level 6: Dolphin 45 min class / 8 students in a class / 25-50m

Level 7: Shark 45 min class / 8 students in a class / 50-100m

SKILLS WORKING ON Front streamline Freestyle Backstroke
 Breaststroke Butterfly Individual medley Survival strokes
 Standing dive Tumble turns Starts and finishes



ADOLESCENT

Adolescent Beginner 30 min class / 4 students in a class

Working on skills in levels 1 and 2

Adolescent Stroke Development 30 min class / 5 students in a class

Working on skills in levels 3 and 4

Adolescent Fitness 45 min class / 6 students in a class

Working on skills in levels 5, 6 and 7

ADULT

Adult Beginner 30 min class / 4 students in a class

Adult Stroke Development 30 min class / 4 students in a class

Adult Fitness 45 min class / 6 students in a class

