

SAILFISH SWIM SCHOOL CITY OF COFFS HARBOUR POOLS

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

Baby 1: Starfish - 6 months to 18 months

Baby 2: Tadpoles - 18 months to 2.5 to 3 years AHMS OF INFANT CLASSES



Parents/carers: Develop knowledge of appropriate swimming/water safety skills for infants Enjoyment of the water experience **Infants:** Confidence and independence

Readiness for submersion plus submersions

Water awareness and water safety skills, including self rescue skills

PRESCHOOL AGED

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 Survival back scull Push and glide Independent swimming on front

Level 1: Crab

Front and back floating Safe entries and exits Back kicking Treading water Self rescue skills

Level 2: Sauid 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 Breaststroke kick on back Backstroke 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 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

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

Level 4: Tuna

SKILLS WORKING ON Front streamline Freestyle Breaststroke kick on front Butterfly arms Survival strokes Treading water

30 min class / 5 students in a class / 10-15m

Backstroke Kneeling/crouch dive

Glide and kick

Level 5: Marlin

SKILLS WORKING ON Breaststroke Butterfly Survival strokes

Front streamline Freestyle Standing dive Treading water



Level 6: Dolphin Level 7: Shark

SKILLS WORKING ON

45 min class / 8 students in a class / 25-50m 45 min class / 8 students in a class / 50-100m

Front streamline Butterfly Individual medley Tumble turns Starts and finishes



ADOLESCENT

Breaststroke

Standing dive

Adolescent Beginner

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

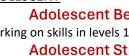
Adolescent Fitness Working on skills in levels 5, 6 and 7 45 min class / 6 students in a class

ADULT

Adult Beginner Adult Fitness

30 min class / 4 students in a class Adult Stroke Development 30 min class / 4 students in a class 45 min class / 6 students in a class





30 min class / 4 students in a class

Freestyle Backstroke

Survival strokes