

## FOR PARENTS

- Please allow enough time to ensure your child is ready for the start time of lessons.
- Appropriate swimwear and goggles must be worn.
- Encourage your child to practice their swimming between lessons.
- It is your responsibility to ensure the safety of your child until hand over to swim teacher.
- Inform The Johnstown Estate of any health or learning concerns pertaining to your child. Please note any changes to your child's health should be reported prior to swimming lessons.
- Please let teachers know if your child wears glasses or has any hearing difficulties.
- Improve the experience for all parents - Please REMOVE clothes from the family room while lessons are taking place. Please use the lockers provided.
- Parents are not permitted on the pool deck unless you are asked to do so.
- At the end of the lesson children must leave the pool immediately.
- Glass bottles are not permitted in the changing area or pool deck.
- Video or photography is NOT permitted in the pool area or changing room.
- Show appreciation and support for the swim teacher.
- All swim Academy course fees must be paid in full on booking.
- Please ensure your child uses the bathroom prior to swim lessons.
- Certificates will be presented on the 2nd last day of each course.

# SWIM ACADEMY



## TADPOLES

Early beginners or nervous swimmers who want to gain confidence and basic skills in the water with swim aids.

- Safe Entry
- Recover Standing Position
- Confident Movement
- Kick with Woggle (Face In Water)
- Face in Water
- Push & Glide with Float
- Blow Bubbles
- Submergence



## PENGUINS:

Now confident and independent in deep water they can improve technique and advance their skills in deep water.

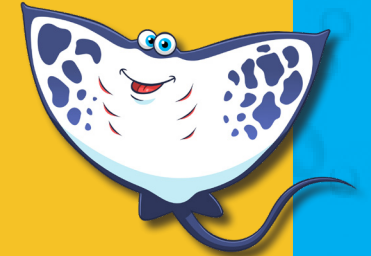
- Streamline on Front (Without Aid)
- Back Crawl Arms with Float
- Front Crawl with Float
- Introduction to Breathing
- Streamline on Back (Without Aid)
- Water Safety Knowledge
- Treading Water



## STINGRAY

More stamina, strength and skills.

- Front Crawl (80m)
- Butterfly
- Back Crawl (80m)
- Kneeling Dive
- Breaststroke Arms & Legs
- Work on Stamina



## FROGS:

Beginner swimmers who are now gaining strength and skills in the water without swim aids.

- Confident Movement
- Kick with Board (On Back)
- Face in Water
- Push & Glide to wall
- Recover Standing Position
- Kick with Board (Face In Water)
- Star Floats
- Bubble & Breath



## SEALS

Further development with technique and learning more skills, such as breaststroke arms and treading water.

- Front Crawl (Without Aid - 20m)
- Treading Water
- Back Crawl (Without Aid - 20m)
- Mushroom Float
- Breaststroke Arms
- Water Safety Knowledge
- Bi-lateral Breathing



## LANE SWIM

Improving power, speed and advancing technique at all levels. This will aid the swimmer and prepare for our rookie lifeguard course. Where they will learn life saving techniques.

- 10 Lengths
- Strength & Conditioning in the Water
- Butterfly Skill and Strength



## GOLDFISH:

Confident in the small pool, and moving to deep water to work on kicking technique, and gain strength in deep water.

- Doggie Paddle
- Confident Movement in Deep Water
- Front Crawl Legs with Float
- Back Crawl Legs with Float
- Introduction to Arms with Float on Front
- Introduction to Arms on Back with Float
- Push and Glide from Wall



## SHARKS

Confident in deep water and able to swim 20m on front and back, beginning to build stamina and strength along with technique. Continuous development of skills and strokes.

- Front Crawl (40m)
- Introduction to butterfly
- Back Crawl (40m)
- Kneeling Dive
- Breaststroke Arms & Legs



## ROOKIE LIFEGUARD

Learn the skills and develop your awareness of life saving techniques which can be applied in a pool environment. Get a start on becoming a real lifeguard.

- Ages 8-11
- Shout & Signal Rescue
- Swim in Clothing
- Rescue Throws
- Surface Dives
- In-water Rescue Breathing
- Tow with Aid
- Extended Arm Tow

