

# SWIM 'N' PLAY PROGRAM

Age Level 6 months - 4 yrs

# 400 GOLD PROGRAM

Age Level 4 yrs and above

# HEALTH & SPORT PROGRAM (SQUAD TRAINING PROGRAM)

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## WATERBABIES

- 1: 6 - 18 months
- 2: 18 - 30 months
- Parent and Child class (Maximum of 10 Parents and Swimmers in each class)
- Class Duration: 30 minutes*



## KINDERGARTEN

- 2 ½ - 4 years old
- Deep water survival skills and skill development
- Instructor and Child class (Maximum of 4 pupils in each class)
- Class Duration: 30 minutes*



## GLIDES

- Maximum of 4 pupils per class
- Immersion skills
- Basic Freestyle and Backstroke kicking
- Class Duration: 30 minutes*



## TORPEDOES

- Maximum of 4 pupils per class
- Develop Freestyle and Backstroke kicking
- Develop Torpedo
- Develop Body Position
- Class Duration: 30 minutes*



## MARLINS

- Maximum of 4 pupils per class
- Commence Freestyle arm stroking
- Commence Backstroke arm stroking
- Class Duration: 30 minutes*



## DOLPHINS

- Maximum of 4 pupils per class
- Introduction to breathing techniques
- Backstroke development
- Class Duration: 30 minutes*



## SHARKS

- Maximum of 5 pupils per class
- Develop Freestyle and Backstroke technique
- Introduce Survival Backstroke kick
- Class Duration: 30 minutes*



## 100 BRONZE

- Maximum of 5 pupils per class
- Intro to deep water
- Develop advanced techniques
- Introduction to Breaststroke arms
- Complete 100m Freestyle swim
- Class Duration: 30 minutes*



## 200 SILVER

- Maximum of 6 pupils per class
- Bilateral breathing in Freestyle
- Advanced Breaststroke development
- Develop space sharing skills
- Complete 200m Freestyle swim
- Class Duration: 45 minutes*



## 400 GOLD

- Maximum of 8 pupils per class
- Use of full lane
- Advanced Freestyle development
- Freestyle turns
- Develop Butterfly skills
- Complete 400m Freestyle swim
- Class Duration: 45 minutes*



## TEAM BRONZE

- Introduction to training techniques
- Stroke development
- Speed and endurance work
- Interschool competitions
- Class Duration: 60 minutes*



## TEAM SILVER

- Intermediate training techniques
- Swimming for health and fitness
- Swimming as a sport
- Interschool competitions
- Class Duration: 90 minutes*



## TEAM GOLD

- Advanced training techniques
- Sprint swimming skills
- Advanced skill development in all strokes, starts and turns
- Interschool competitions
- Class Duration: 90 minutes*



The State Swim PROGRAMS

