

ADULT SWIMMING PROGRAM

BEGINNER

max 4 students

Students will learn how to:

- submerge completely and confidently
- forward glide with an effective kick
- backward glide with an effective kick
- attempt freestyle arms
- attempt backstroke arms
- attempt to tread water
- attempt to survival scull

Once achieved, students will progress to:

- perform basic freestyle with breathing over 15m
- perform basic backstroke over 15m
- perform basic survival backstroke over 15m (optional)
- perform basic breaststroke over 15m (optional)
- tread water
- survival sculling

FITNESS

max 8 students

Students will learn how to:

- swim continuously over 500m (20 laps)
- perform effective freestyle and backstroke over a distance without losing form
- perform effective breaststroke over a distance without losing form (optional)
- perform freestyle, backstroke and breaststroke turns
- perform a dive (optional)
- perform self-survival techniques such as treading water, sculling and survival strokes

Once achieved, students will progress to:

- swim continuously for 1000-1500m (40-60 laps)
- perform effective freestyle and backstroke over a distance without losing form
- perform effective breaststroke over a distance without losing form (optional)
- perform freestyle, backstroke and breaststroke turns
- perform a dive (optional)
- perform self-survival techniques such as treading water, sculling and survival strokes
- perform sprint work

STYLE CORRECTION

max 6 students

Students will learn how to:

- perform freestyle over 25m
- perform backstroke over 25m
- perform basic breaststroke over 25m (optional)
- perform survival backstroke over 25m (optional)
- tread water out of depth
- perform a surface dive (optional)

Once achieved, students will progress to:

- perform effective freestyle over 50m
- perform effective backstroke over 50m
- perform effective breaststroke over 50m (optional)
- perform effective survival backstroke over 50m (optional)
- perform basic dolphin kick (optional)
- tread water out of depth
- perform a dive (optional)
- swim continuously over 150m (6 laps)

CONSIDERATIONS

Before commencing lessons, it is very important to inform the Swim School of any medical conditions which may either affect your level of skill acquisition, or eliminate any strokes which may aggravate your condition.

- Students with lower back problems or aggravated knee problems should avoid breaststroke and butterfly
- Students with shoulder problems may have difficulty rotating their shoulders due to limited flexibility
- Be careful when using hand paddles. Used incorrectly or to excess the use of hand paddles can lead to injuries
- Older adults will have limited flexibility with most joints
- Any activities that cause pain should immediately be stopped.
- Some adults will have many years of fear of the water, particularly frightened beginners. Remember that you will need to address these fears and be patient when learning to overcome these fears