

GLENVIEW SWIMMING ACADEMY

3-4 year old water confidence class.

Aimed at children between the ages of 3 and 4 years, the classes serve as an introduction to lessons which start from 4 years old. Basic principles are introduced such as kicking, submersion, arm action, floating and body position on front and back. They improve and build upon the child's confidence in and around water and prepare them for a more structured class. The emphasis is on play and fun, as at this early stage it is very important that children are happy in water before they progress to our full lesson programme.

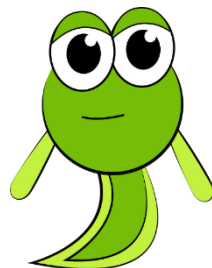


Level 1 – Tadpole

Tadpoles are not great swimmers.....yet!

To help our Tadpoles get confident, we start by introducing them to our Kids pool and use a range of water based games and activities to develop basic skills such as floating, putting your face in the water and teaching the basic arm actions for front crawl and breast stroke. When our Tadpoles are ready we will move them into the main pool to try out their new skills.

Ideal for children aged 4-5 years with very little swimming experience.



Level 2 – Ducklings

Our ducklings have just started swimming with the main focus being on their body position and leg kick. Our ducklings will learn how to use their arms for front crawl and breast stroke to help them swim for longer. This class is taught in the main pool using floats and woggles and the aim is to get our ducklings to be able to swim short distances with no aids as they progress.

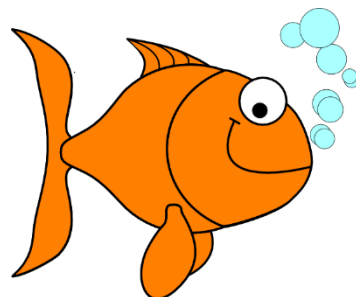
Ideal for children aged 4-6 years with some swimming experience and good water confidence.



Level 3 – Goldfish

Goldfish are good swimmers but still need improvement. The aim of this class is to improve their Front Crawl, Back Stroke and Breast Stroke. In level 3 we will work a lot more on correct arm technique and breathing as well as developing each child's stamina and speed.

Ideal for 6-8 years with some swimming experience and good water confidence.



Level 4 – Sealions

Sealions are confident swimmers and the aim of this level is to work on each child's stamina and breathing technique to help them to be able to swim a full length of the 3 main strokes easily.

This class is aimed at children aged 7-10 years or younger if they are strong confident swimmers who can swim a length or have passed level 3.



Level 5 – Pirates

Why are Pirates good swimmers.....they just arrrrrrrrrrrr.

Our Pirates can swim lengths of the pool easily in the 3 main strokes and in level 5 the focus is on technique and endurance. We will introduce diving in a supervised manner and also add in some basic lifesaving skills.

Level 5 is aimed at children who can swim lengths of the pool with good technique or those who have passed level 4.



Level 6 – Dolphins

In the Level 6 Dolphins class we will recap on all of the skills learned previously and correct any individual issues with technique for each swimmer. We will follow on with teaching diving and introduce tumble turns and the Butterfly Stroke.

Level 5 is aimed at those who can swim repeated lengths with good technique or anyone who has completed level 5.



Level 7 – Sharks/Lane Training

Our Level 7 Sharks/Lane Training class aims to each swimmer's endurance, stamina and speed without affecting their technique. Children in this level must be strong swimmers and be able to swim repeated lengths of the pool in the 3 main strokes as well as being able to show good technique in Butterfly.

This class is aimed at very strong swimmers with good technique and a good level of stamina

