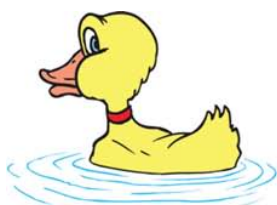


énergie swim academy



GRADE 0 – DUCKLINGS

Grade 0 - Ducklings is for pre-school children aged 3 - 5 years old. This lesson will be taught in the baby pool from week 1 - 4, and then progress to big pool with armbands. Children will play games in the water which are aimed at increasing water confidence.



GRADE 1 – GOLDFISH

Grade 1 - Goldfish is aimed at increasing confidence in water and progressing children out of armbands. Children in this grade will learn to: • Put their faces in the water • Blow bubbles • Do starfish float on front & back • Rotate from front onto back (with armbands) • Stand & jump • Tread water with armbands • Swim with wobble.



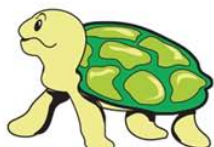
GRADE 2 – FROGS

Grade 2 - Frogs is taught using flotation devices to increase leg strength and introduce arm movements. Grade 2 swimmers will be taught to: • Push & glide on front and back • Kick legs on front and back unaided • Attempt frog legs (breaststroke) Rotate from front onto back • Attempt freestyle arms • Tread water.



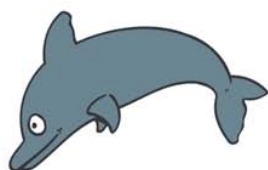
GRADE 3 – SEALS

Grade 3 - Seals is aimed at improving swimming stroke in freestyle and backstroke. Grade 3 swimmers will learn how to: • Swim freestyle arms & legs • Swim backstroke arms & legs • Swim breaststroke arms & legs • Swim butterfly legs • Tumble in water • Scull head first/ feet first.



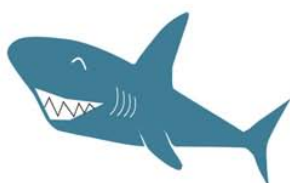
GRADE 4 – TURTLES

Grade 4 - Turtles, breaststroke and butterfly are introduced. Children will be swimming in the lane for this class. To advance to Grade 5: Dolphins swimmers must be able to: • Swim 20m freestyle, backstroke & breaststroke • Swim 10m butterfly. Breathe unilaterally (to one side in freestyle) tumble turn.



GRADE 5 – DOLPHINS

Grade 5 - Dolphins are taught in swim lane and is an introduction to endurance swimming. Children will be swimming 2 lengths at a time in this grade. To progress to Grade 6 - Sharks swimmers must be able to: • Swim 40m freestyle • Swim 40m backstroke • Swim 40m breaststroke • Swim 40m butterfly • Dive & tumble turn.



GRADE 6 – SHARKS

In Grade 6 - Sharks lifesaving techniques and strokes are introduced to swimmers. Swimmers must be competent in all 4 swimming strokes and be able to swim up to 4 lengths. Swimmers in this group will be introduced to: • Endurance swimming: • Sidestroke • Inverted breaststroke • HELP technique • Lifesaving information.