



## St Catherine's School learn to swim program | Term 1 2022

Water Babies (Baby Jellyfish)	6mths+ > 18mths	With parent
Toddlers (Baby Turtles)	18mths+ > 3yrs	With parent
Level 1 (Crabs)	3yrs+: Water confidence	Without parent/carer
Level 2 (Octopus)	Survival skills & freestyle introduction	Assisted
Level 3 (Seals)	Technique focused freestyle & backstroke	Assisted
Level 4 (Dugong)	Introduce breaststroke, continue FS & BK	Assisted BS
Level 5 (Dolphin)	Introduce butterfly	Continue BS, BK & FS ^ distance, 45mins
Pre-Squad (Sting Rays)	All 4 strokes, unassisted, ^ distance and duration	Introduce race rules, dive skills, clock timing
Squad (Mako)	All 4 strokes, unassisted, ^ distance and duration	Refine race skills, dive skills
Power Hour Squad	Fitness, technique, speed, carnival prep	Water polo, diving, surf life saving
Club Squad	Identify, develop and prepare athletes for competitions	
Competitive/Performance Squad	Top squad	Minimum session requirement 5

### Water Babies 1 Baby Jellyfish (30mins)

St Catherine's Water Babies program is designed for babies 6months+ to start exploring the water with a parent/carer. The baby classes are all about water familiarisation and we use songs and simple activities to make your child feel comfortable and safe in the water. We encourage parents to wear a suitable rash shirt or T-Shirt for this class as this encourages the child to cling and grab when doing safety activities. These classes will be available everyday with the option of choosing one class a week.

### Toddlers Baby Turtles 18m+ (30mins)

Our water babies 2 class looks at the next stage of water safety skills. This class is for children aged 2-3years old. Parents/carers are in the water. We focus on building confidence and body awareness in the water through a variety of fun activities parents can do with the child.

### Level 1 Crabs (30mins)

St Catherine's Learn to swim program level's 1-5 is designed for pre-school and school aged children. The aim of these levels are SAFETY and SURVIVAL for the kids as well as familiarisation and gaining water confidence in the water. Level 1 is for first timers who are too old for our baby classes. The lesson aims at building confidence in the water.

### Level 2 Octopus (30 mins)

In Level 2 the child will continue to develop safety skills whilst being introduced to freestyle. The child is fully support by the instructor as the skills of freestyle are broken down and taught individually.

### Level 3 Seals (30mins)

Your child has learnt the fundamentals of freestyle and it is time to go to the next step. In this class, the child will continue to develop their freestyle though continues swimming whilst the instructor supports and continues to correct technique. In this lesson, children will start backstroke arms.

### Level 4 Dugong (30mins)

Level 4 aims to continue and develop freestyle and backstroke and introduce breaststroke. At this stage, the child will be swimming more continuously with minimal support from the instructor while the instructor still provides technique corrections. Breaststroke is broken down into individual skills and taught with the full support of the instructor.

### Level 5 Dolphin (45mins)

Butterfly is introduced to the child. The child will be taught the next progression once grasping the first stage in the style. Your child will continue to swim Freestyle, Backstroke and breaststroke, developing and strengthen these strokes. This lesson will be longer, running for 45mins.

### Pre-Squad Sting Rays (45mins)

Sting Ray classes are for school aged kids who have progressed through the Learn to Swim levels. The child will swim all 4 strokes, assisted by the instructor at times. This lesson aims to further develop technique across all 4 strokes by increasing the duration of the lesson. We introduce race skills in this level including dives and turns. Students will also learn time and clock skills whilst swimming.

### Squad Mako (1hr)

Our Mako squad is refining all strokes and preparing for the top squads. The child is unassisted by the instructor with the focus being finetuning every stroke before progressing to our senior squads.

### Power Hour Squad – (1hr, 1-2 sessions/week)

Power Hour Squad is introduced to St Catherine's high school students who wish to gain fitness in squad swimming. This class will be offered 1-2 times a week and will be encouraged to students who play water polo, diving or surf life Saving to enhance their fitness and technique. The hour of swimming focuses on both sprint-based swimming as well as endurance swimming.

### Club Squad – 1.5hr (Inc. Club nights) (1-3 sessions/week)

St Catherine's Aquatics club squad will be offered to students who wish to swim 2-3 times a week. This program is designed for students who are advanced swimmers who may wish to swim competitively. Swimmers need to be capable of swimming all 4 strokes over distance. Club squad is suitable for students wish to pursue swimming as a sport as well as water polo athletes and other aquatic athletes.

### Performance – 2hr (National, State level – min. 5 sessions/week)

St Catherine's performance squad is for students who are at an advanced skill level who wish to swim a minimum of 5 or more times a week. This squad is designed for students who are at or striving toward representative level. Technique is continually drilled in all sessions with an emphasis on finer technical coaching for individual goals. The competitive Squad aim is for have students represent St Catherine's Aquatics Swimming club at State and National titles.