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PARENT INFORMATION

LEARN-TO-SWIM

Teaching a child to swim takes commitment, knowledge, patience, understanding and love. Teaching a child takes time - please allow us this time to enable your child to be a happy water confident swimmer. We have outlined a short summary of what we at the Swim Factory will be teaching.

OUR OBJECTIVE

To produce swimmers with good techniques. To achieve this goal it is important that we have a clear basic format upon which to build and develop that more advanced skill. Early emphasis should be on good body position and effective propulsion (kick).

The teaching of any stroke is a progression of skills with each skill being defined. If this philosophy is followed then it will not be necessary “down the track” to effect “stroke correction”.

Stroke correction is usually the result of the breakdown of the teaching sequence. It is a simple matter to rectify faults by going back to the part where the problem occurred and refine it.

SKILL REPITITION

The best way for pupils to learn motor skills is by repetition of the skill, by repeating a desired skill **often and correctly** the skill will become, in time, part of that pupils motor skill repertoire. **Great teachers** will be teachers

who have the ability to ensure that their pupils receive the **most opportunity** to practice the necessary skills in the lesson period.

SWIM LEVEL GUIDELINES:

LEVEL 1

The aim of this level is to create water confidence with fun. A lot of understanding and patience is needed at this level and we ask for parents to be positive towards all aspects of what we are trying to deal with. Give your child the time to learn at the pace they are feeling comfortable with. At first we will take it slow to get to know the young swimmer.

LEVEL 2

Introduce the pupil to the elementary actions of freestyle and backstroke kick. Introduction to water safety skills. This level is a challenge to the swimmer and the teacher because they are trying so hard to remember everything. Again a positive and happy swimmer will gain further at this level.

LEVEL 3

The level to co-ordinate kicking, breathing and the arm movement. With the younger age groups patience and understanding is needed due to their undeveloped motor skills but with persistence the child can be given a “good” habit in a very repetitive process.

HIGH LEVEL 3

This level is to co-ordinate kicking, breathing and the arm movement gaining more independence in these skills. Kicking correctly at this level is an important step. Independent backstroke is developed and butterfly arms are now introduced.

LEVEL 4

This level there is a maximum of 6 in a class. Continuous arm and leg action is required independent of the teacher. This is a time for stroke action to be improved the streamlining to be refined and the development of mental attitude that is expected at this level.

LOW LEVEL 5

There are 6 students to a class and they use the full length of the pool. They are coming from level 4 and should be able to swim 20 meters freestyle catch-up and backstroke without stopping and elementary butterfly. In this level the catch-up drill is to be eliminated as the main form of swimming.

The whole direction of low level 5 is to introduce breaststroke and to achieve a quality stroke and kick action in the other 3 disciplines. In

addition a good streamline start and streamline push off from the wall is developed. In this level we are aiming for quality of swim stroke rather than the quantity of laps swum.

LEVEL 5

Six students to a class aiming for repetitive laps of all 4 strokes. Drills on all 4 strokes are now given to challenge the swimmer to combine a different kick with another arm action. Endurance is now building up and correction of all strokes is important.

LEVEL 6/LEVEL 7-MINI SQUAD

Introduction of multiple laps. The class runs for 45minutes. The main emphasis in these levels is to teach technique in each stroke and to build up the endurance ability of the swimmer. Correction of the strokes takes place. This level also requires some fun elements in the swim program.



Learning to swim is an asset for life.