



## **Portmarnock Sports and Leisure Club Swimming Lessons**

Parent/ Guardian information

The following information below gives a brief description of each swimming lesson group.

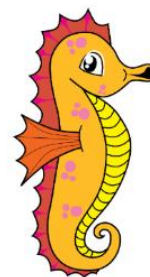
Please read each group description carefully to ensure the correct swim group is selected.

If you are unsure on which group to enrol the swimmer into, you can contact us at [pool@pslc.ie](mailto:pool@pslc.ie)

# Swim Lesson Group Description

## SEAHORSE

- ✓ For all children who all not yet in primary school and or are in preschool.
- ✓ First time/ weak swimmers
- ✓ Armbands
- ✓ A teacher is in the water
- ✓ Will learn the basic swimming skills (safe entry and exits, kicking, face in the water).
- ✓ Needs to swim with an aid (float or woggle).
- ✓ All children must wear armbands for the lessons unless discussed with teacher.



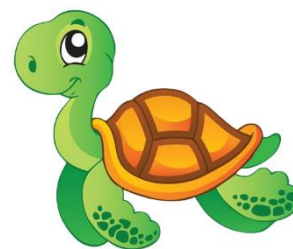
## GOLDFISH

- ✓ Must be in Primary school or 5 years old for this group.
- ✓ First time/ weak swimmers
- ✓ Armbands
- ✓ A teacher is present in the water
- ✓ Will learn the basic swimming skills (safe entry and exits, kicking, face in the water).
- ✓ Needs to swim with an aid (float or woggle).



## TURTLES

- ✓ Can swim with no aids on front.
- ✓ Can swim with no aids on back.
- ✓ Basic arms on their front.



## STARFISH

- ✓ Can swim with no aids on front.
- ✓ Can swim with no aids on back.
- ✓ Swim with arms and basic breathing on their front.
- ✓ Swim with basic arms on their back.



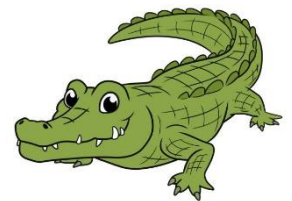
## SEALS

- ✓ Able to swim on front and back with arms.
- ✓ Basic breathing
- ✓ Can swim 10 metres without stopping (deep end to the redline)
- ✓ Basic breast stroke legs.
- ✓ Confidence swimming in the deep end (beside the wall).
- ✓ Basic jumps- pencil jump, kneeling dive



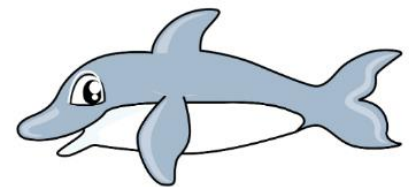
## CROCS

- ✓ Confident front and back swimming with good arms and breathing.
- ✓ Can swim 15 metres on front and back.
- ✓ Good breaststroke with legs.
- ✓ Dolphin kick/ butterfly leg action
- ✓ Confident in deep end.
- ✓ Thread water for 20 seconds
- ✓ Stand up dive



## DOLPHINS

- ✓ Confident front and back swimming with good arms and breathing.
- ✓ Can swim 20 metres on front and back.
- ✓ Strong breaststroke.
- ✓ Dolphin kick/ butterfly leg action
- ✓ Confident in deep end.
- ✓ Thread water for 30 seconds
- ✓ Stand up dive



## ORCAS

- ✓ 2 lengths of front crawl
- ✓ 2 lengths of back crawl
- ✓ 2 lengths breaststroke
- ✓ Very confident in the deep end.
- ✓ Butterfly



## ADVANCED

- ✓ Able to swim 3 lengths minimum without stopping in each stroke.
- ✓ Quality deep end skills (diving and treading water)
- ✓ Bronze, Silver, Gold Groups
- ✓ Swim Teacher will assess each person and select the appropriate group.



## ROOKIE LIFEGUARD

- ✓ Can swim 25m without stopping.
- ✓ Would like to learn basic lifesaving skills.
- ✓ Will Learn with swim in clothes
- ✓ Safety carry techniques and strokes.
- ✓ Straddle jump

