

PSLC

Swimming

Lesson

Academy

Guide

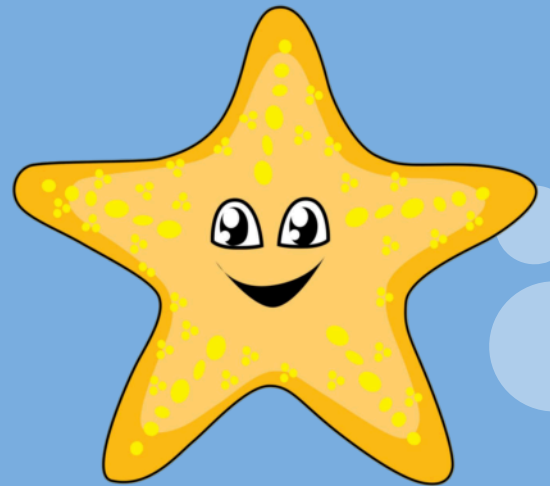


PSLC Swimming Lesson

Seahorses



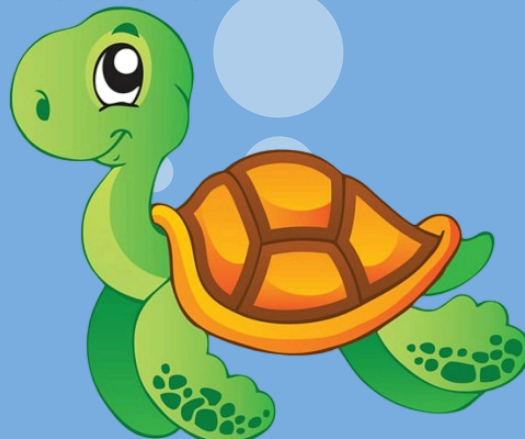
Starfish



Goldfish



Turtles



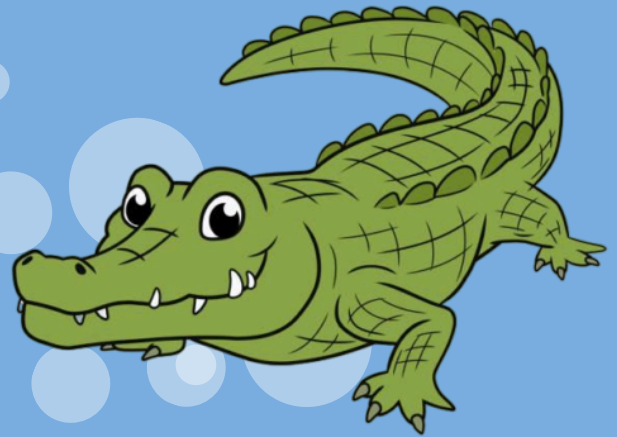
Academy Pathway



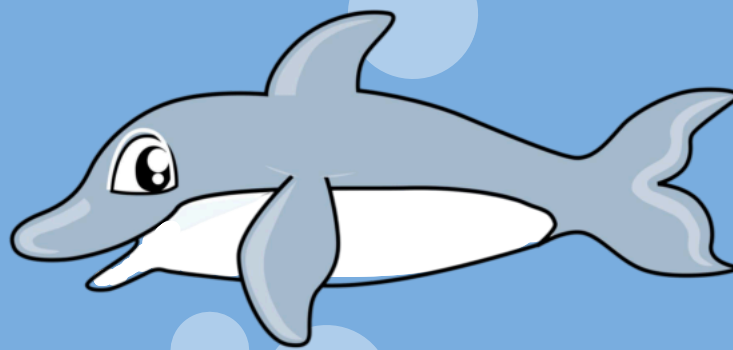
Seals



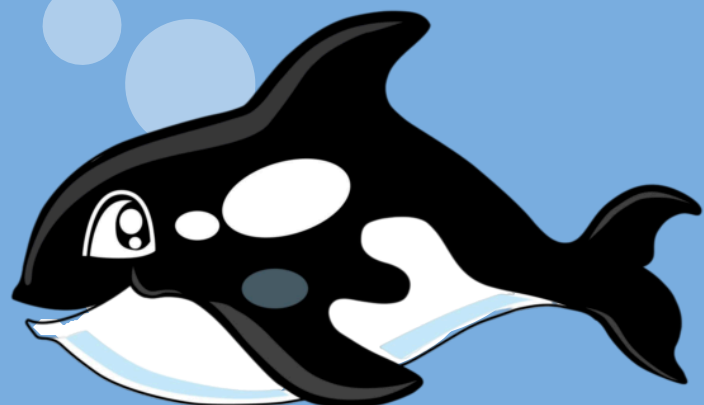
Crocs



Dolphins



Orcas





PSLC Swim Lesson Academy

Level Overview

	<h3>Seahorses</h3>	<p>Seahorses is our introduction to the water for our younger swimmers where they will begin their swimming journey. They will focus on developing their water confidence and comfortability</p>
	<h3>Goldfish</h3>	<p>Goldfish will begin adding basic swimming skills such as water safety, kicking, putting their faces into the water and continue building water confidence</p>
	<h3>Turtles</h3>	<p>Turtles will focus on independent swimming and adding their arm action in with their kicking practices whilst learning the basics of breathing</p>
	<h3>Starfish</h3>	<p>Starfish will practice their Frontcrawl breathing and coordination alongside their Backcrawl whilst also developing deep water confidence and skills</p>
	<h3>Seals</h3>	<p>Seals is our first level in the Deep End which is a big step for any young swimmer. Here they will continue developing their deep water safety skills alongside learning the basics of their new stroke - Breaststroke</p>
	<h3>Crocs</h3>	<p>Crocs will focus on the difficult task of coordinating their Breaststroke arms, legs and breathing while also building strength and distance in their Frontcrawl and Backcrawl</p>
	<h3>Dolphins</h3>	<p>Dolphins will continue building their stamina with a distance increase on their Frontcrawl, Backcrawl and Breaststroke and will be introduced to their final stroke - Butterfly.</p>
	<h3>Orcas</h3>	<p>Orcas is our final level before swimmers graduate from the Academy. Here swimmers will fine tune their skills on all four strokes and increase their strength and endurance with a progression to full lane swimming</p>

Swimmers can continue on their swimming journey down a path of competitive swimming, lifesaving or other avenues with our partner organisations as they enjoy the water for life

