

Portmarnock Sports & Leisure Club

Swimming Lesson Level Description



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 your swimmer into, you can contact us at pool@pslc.ie

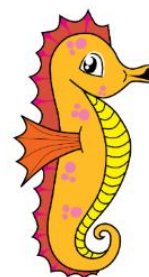
Pool Management at Portmarnock Sports & Leisure Club reserve the right to move a swimmers group / time slot to ensure the progression and safety for all swimmers.

Please note the swimmer must be 5 years old or be in Primary School to enter 'Beginners – Goldfish' and beyond. Swimmers younger than this or in preschool should enrol in 'Preschool – Seahorse'. A swimmer may be removed from lessons if age requirements are breached.

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 and 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).



STARFISH

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



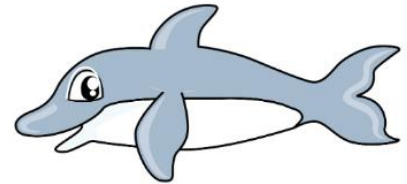
SEALS

- ✓ 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 arms with the introduction of legs.
- ✓ Confidence swimming in the deep end (beside the wall).
- ✓ Basic jumps- pencil jump, kneeling dive



DOLPHINS

- ✓ 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



ORCAS

- ✓ 2 widths on front with arms and quality breathing without stopping.
- ✓ 1 widths on back with arms.
- ✓ 1 width breaststroke
- ✓ Very confident in the deep end.
- ✓ Butterfly



ADVANCED

- ✓ Able to swim 2 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

