

LEARN TO SWIM WITH THE SWIMLINK PROGRAMME

AT Sportslink



All children
from 3 years of age
can learn to become
more confident in water,
learn water skills and improve
their stroke in a safe
environment.





SEAHORSE

This Class is suitable for children aged 3-5 years who require assistance from a water teacher. The primary emphasis will be to increase water confidence and ensure children learn safe entry and exit from the pool as well as pool rules.

SEA TURTLE



This Class is suitable for children who have progressed from the Seahorse classes or joined at the age of 4 upwards and who have acquired good water confidence prior to starting. This class is aimed to improve water confidence further while introducing children to front crawl and back crawl strokes with particular emphasis on body position and leg kicking.

STINGRAY



Progressing from Sea Turtles, children at this level will be introduced to breast stroke and butterfly legs (dolphin kicks). In addition children will continue to develop their front and back crawl kicks. Arm action and breathing drills will be introduced to their front crawl stroke development and skills such as jumping and sculling.

SEAL



Seals will progress all 4 strokes. Particular emphasis will be made to increase deep water confidence and perfect breathing and arm action in front crawl, breast stroke leg kick and back crawl arms. Children will move to a 15m distance and up to 1.5m depth.

DOLPHIN



Children will progress from Seals with strong 15m swimming in all 4 strokes. At this level children will progress to swimming back to back 15m lengths in addition to developing strong breast stroke leg kicks to allow them to thread water for at least 30 seconds or more. Front crawl breathing should be perfected with timing of all strokes introduced.

SHARK



Sharks will be children's first introduction to the 25m lengths. This class will be on a separate time to all previous levels. The pool floor will be lowered to its maximum depth of 1.8m which will allow for swimmers at this level to develop their diving skills, water safety techniques and deep water confidence. Children must be comfortably swimming 25m without stopping prior to entering this class to ensure they are safe in deep water.

ORCA



The final stage of children's swimming development is Orcas. This class concentrates on increasing swimming distances in all 4 strokes. In addition this class will be used to introduce children to competitive swimming techniques such as tumble turns, diving and starts. Water safety drills and strokes will also be developed giving children the confidence to progress to Junior Lifeguard Courses and competitive swimming.