



SWIMMING PROGRAMME

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LEARN-TO-SWIM GROUP 1: BLUE RAYS

Prerequisite: Parent volunteers are essential for this level. Children must be 3 years of age; and parents must be in the water with their child during lesson time.

Lesson Summary:

- Participation; getting face wet, blowing bubbles for 5 seconds; some breath control
- Climb in and out of pool by self
- Open eyes happily under water
- Moving front float
- Monkey on the edge
- Glide to the wall
- Turn and reach to the wall under water after entry
- Happy to play water games
- Slide entry
- Enter water, then pop up and over to a back float, roll over to front again, and kick to the wall
- Gradual adaptation movement in water
- Bobbing with air exchange

Progression to Next Level: demonstration of above-noted skills and social readiness

LEARN-TO-SWIM GROUP 2: EAGLE RAYS

Prerequisite: Parent volunteers are essential for this level of swimming. Parents must be willing to help in the water on days where there are not enough volunteer instructors available.

Lesson Summary:

- Aided/unaided float on stomach with or without flotation aid
- Aided/unaided float on back with or without flotation aids
- Front push glide on stomach; glide on back / kick with/without board
- Push, glide and kick
- Push off wall and float front
- Back float for 15-30 seconds
- Enter water unaided and exit unaided
- Change direction and return to the wall; roll over front to back
- Retrieve dive ring, shallow end
- Leave pool edge and turn back to edge unaided
- Hold kick board unaided
- Kick, glide and recover
- Glide and recover for up to 5 seconds
- Front kick, glide and recover
- Listen to talk on safety and participate in group discussion
- Front and back kick for 5 metres
- Face-in swim for distance no breath
- Introduction to treading water
- Catch up with the use of a board for 5 metres; able to roll from front to back and back to front
- Enter water, perform streamline kick for 5 metres

Progression to Next Level: demonstration of above-noted skills

LEARN-TO-SWIM GROUP 3: TIGER RAYS

Prerequisite: Parent volunteers are essential for this level of swimming. Parents must be willing to help in the water on days where there are not enough volunteer instructors available.

Lesson Summary:

- Porpoising
- Glide, kick, and recover for some distance
- Glide and recover (no kicking) for 5 seconds
- Dolphin kick, glide, and recover
- Front and back kick for 15 metres reinforcing correct body position, push off the wall and streamline
- Listen to talk on water safety and participate in group discussion
- Jump in fully clothed and exit
- Pencil dive
- In deep end, use of pole for hand over hand submerging to the pool floor, then let body float up
- Swim 4 arms on front, turn over and kick on back for 25 metres
- Swim 4 arms on front, turn over and swim 4 arms on back for 25 metres
- Face-in swim for distance - no breath
- Catch up freestyle arms with board
- Introduction to freestyle and backstroke arms
- Introduction to freestyle one-sided breathing
- Introduction to butterfly
- Introduction to diving
- Swim some distance in the deep end
- Introduction to lane etiquette, lane circling

Progression to Next Level: demonstration of above-noted skills, must have the ability to swim 50 metres continuously (including 25 metres freestyle and 25 metres backstroke).

LEARN-TO-SWIM GROUP 4: SHARK RAYS

Prerequisite: parent volunteers are helpful for this level of swimming. Depending on the number of children attending a particular lesson, parents may be asked to assist.

Lesson Summary:

- Introduction to lap swimming/tumble turns
- Reinforcing correct body position, push off the wall and streamlines
- Listen to talk on water safety and participate in group discussion
- Jump in fully clothed and exit
- Pencil dive and safety jumps
- At deep end -- use of pole for hand over hand submerging to the pool floor, then let the body float up
- Introduction to butterfly
- Correct breathing technique in freestyle and backstroke {Backstroke -- breathe on 1 arm, exhale on 1 arm}
- Correct stroke mechanics in freestyle, backstroke
- Introduction to diving and starts
- Torpedo through a hoop using a strong kick
- Rope throw rescue
- Swimming etiquette, ducks in a row, when to push off wall, no breathing off wall

Progression to Next Level: demonstration of above-noted skills; must be able to swim 50 metres freestyle continuously using correct technique and tumble turns; must be able to swim 50 metres backstroke continuously using correct technique.

COACHING GROUP 1: MANTA RAYS

Lesson Summary:

- Introduction to breaststroke
- Introduction to Individual Medley skills and drills
- Introduction to Individual Medley good body position and, if applicable, body roll drills
- Good entry of hand and catch set up of the water (strong hand pull/push)
- Feet first sculling on back
- Continuation of butterfly skills
- Underwater dolphin kicking for distance
- Correct starts, turns and finishes
- Work on 100 metre Individual Medley
- Use of flippers/pull buoys
- Advancing drill sets
- Introduction to racing

Progression to Next Level: demonstration of above-noted skills; swimmers must be able to swim 100 metres freestyle; 100 metres backstroke, 100 metres breaststroke; 25 metres butterfly; all using correct techniques and turns. Children and/or parents who do not wish to commit to the next level of swimming can stay at this level.

COACHING GROUP 2: WHIP RAYS

Lesson Summary:

- Developing skills in safety
- Introduction to Junior Lifesaver Program
- Swim 200 free/ 200 back / 200 breaststroke / 50 butterfly
- Swim 200 Individual Medley
- Introduction to specific stretching drills
- Introduction to sprint starts and turns /no breathing under the flags
- Introduction to nutrition
- Introduction to building /controlling and sprinting races
- Warm up/main/swim down sets
- Rhythmic breathing
- Introduction to pace clock techniques/interval swimming
- Active sprint sets/recovery swimming
- Members of the Whip Rays are eligible to partake in local competitions (on the island of Borneo) along with the Competition Squad.

Progression to Next Level:

Whip Rays is the last level of general age group swimming. Progression to the Competition Squad is upon invitation by the Head Swim Coach. Alternatively, a child may progress to Masters, depending on age and ability.

COMPETITION SQUAD

The Competition Squad is for swimmers who have demonstrated their potential for and commitment to the sport of swimming at a competitive level. The programme offers a systematic and progressive training schedule aimed at helping the young, talented and enthusiastic swimmers to reach their full potential.

There are eighteen (18) spaces available on the Competition Squad.

Prerequisites:

- Minimum age - 10 years, except for exceptional cases, in which instance the decision will be at the discretion of the Head Coach.
- Selection is by the Head Coach, based on typical capabilities, an aptitude for competitive swimming, a strong desire to train competitively, and parental commitment to the programme. Other considerations include behaviour, attitude, and physical fitness (readiness) for the programme.

Typical Capabilities and Commitment Requirements:

- Be capable of swimming freestyle, breaststroke, and backstroke with correct starts and turns, using correct technique, over 200 metres.
- Be capable of swimming distances in training sessions of 2.5 km up to 3 km.
- Be familiar with reading a pace clock.
- Demonstrate good, consistent attendance.
- Show enthusiasm to compete in nominated local and overseas swim meets.
- Swimmers and parents are required to show commitment to the Competition Squad by signing and abiding by the *StingRays Sportsmanship Code of Conduct*.

INTRODUCTION TO MASTERS (ADULT LEARN-TO-SWIM)

This programme is intended for participants, age 14+, who have not had the opportunity to learn how to swim. Participants will work with the Head Swim Coach to set goals and learn basic swimming skills to increase their comfort in the water.

In addition, this programme will be beneficial to those who are comfortable in the water and want to learn swim strokes, techniques, and rollovers.

Once the participant has mastered swimming four (4) laps of the Panaga Pool comfortably using correct technique, they will be ready to join the Masters classes.

MASTERS

Prerequisite: Should be capable of swimming 4 laps of the pool comfortably using correct technique.

The Masters level of swimming is for participants, age 14+, and assumes a basic level of swimming proficiency. At times, the Head Coach may identify proficient swimmers who are younger than 14 years of age, who are eligible to join the Masters Level for training sessions.

Participants in the Friday morning Masters class must be comfortable in the water, although they do not necessarily need to be able to swim 4 laps using correct technique. The Head Swim Coach will assess your abilities.

By communicating your goals to the Head Swim Coach, the Masters level of swimming can be adapted to several levels of Masters swimming during one session.

PRIVATE LESSONS

Limited private lessons are available based on the Head Swim Coach's availability and can take place whenever the pool does not have a prior booking. Please email panagastingrays@mac.com for further information about private swimming lessons.