

LRC LEARN TO SWIM PROGRAMME

The teaching of babies begins at around 6 months of age in the Parent and Infant classes and continues until around 24 months of age. Children aged 18 months – 36 months who are unable to swim alone participate in a 'Pre-school' class. From there they move up through Transition, Novice, Beginner, Intermediate, Advance to Improver levels preparing children for their first steps toward squad swimming.

Badges are awarded to students when they are promoted to the next level.

TADPOLES (Parent & Infant 6 months –24 months)

Skill level: Your child has no swimming experience. (Parent participate in class)

Class Aim: The focus of this class is to ensure that the child is 'water happy'. Basic motor skills including kicking, splashing and blowing bubbles are effective development goals.

JELLYFISH (Pre-School 18 months – 36 months)

Skill Level: You child should have water confidence. (Parent participate in class)

Class Aim: Fun water games and submerging techniques are introduced. Children will learn to kick on both front and back, swimming with the basic use of their arms and legs, prepare to swim without parent in the next level.

STARFISH (Transition level 3yrs+)

Skill Level: Children in this class should already be able to swim for a short distance (3m – 5m). They should be able to demonstrate floating, kicking and swim with arms.

Class Aim: Able to demonstrate basic freestyle arms, kicks and come up for breathe on their own (lift up). Floating and kicking on their back without aids.

GOLDFISH (Novice level 3yrs+)

Skill Level: Children in this class should be already able to swim with freestyle arms and kicks for 5m. (Able to come up for breathe on their own)

Class Aim: Children are introduced to backstroke and freestyle techniques involving the co-ordination of both arms and legs. Correct freestyle swim with side breathing is introduced.

SEA HORSES (Beginner 1 level 4yrs+)

Skill Level: Children should be already able to swim one width (10m) of basic Freestyle and backstroke kicking.

Class Aim: Backstroke arms are introduced in this level. Stamina development through "Circle Swimming" is encouraged so the child will be able to achieve greater swimming distance.

SEA LION (Beginner 2 level 5yrs+)

Skill Level: Swimmers should be able to swim a length (25m) of Freestyle and Backstroke with confidence.

Class Aim: Breaststroke kick is introduced in this level. Lessons are conducted using lengths to further improve stamina as to get them able to swim a longer distance.

SWORDFISH (Beginner 3 level 6 yrs+)

Skill Level: Swimmers should be able to swim 2 lengths (50m) of freestyle, backstroke and correct breaststroke kick with confidence.

Class Aim: Freestyle, backstroke, breaststroke swum over a distance of 50m. (Bi-lateral breathing freestyle). Correct breaststroke timing with arms and legs.

PLATYPUS (Beginner 4 level 6yrs +)

Skill Level: Swimmers should be able to swim 4 lengths (100m) of freestyle, backstroke and breaststroke with confidence and demonstrate at least a kneeling dive. Somersaults in the water would be seen as an enormous advantage.

Class Aim: Swim freestyle, backstroke & breaststroke over a distance of 4 lengths (100m) with correct push off (breaststroke pull-out) and turns. Butterfly kick with arms in front over a distance of 2 lengths (50m). Standing dive with streamlining to 5m flags.

STINGRAY (Improver level 7yrs +)

Skill Level: Swimmers must be able to swim 4 lengths (100m) of freestyle, backstroke and breaststroke with correct push-off and turns. Demonstrate Butterfly kick & standing dive.

Class Aim: Swim 8 lengths (200m) continuously in all four strokes with correct push off and turns; freestyle, backstroke, breaststroke and butterfly in good technique with minimal stroke deterioration

Swimmers achieving the above criteria will be assessed by either the Head Coach or Senior Coach for advancement to the Dolphin Squad.

For more information please contact **Polly Chan**, LTS Supervisor Tel: 3199-3592, Email: swimstructor@lrc.com.hk OR **Sandy Chan**, Swim coach Tel: 3199-3594, Email: sandychan@lrc.com.hk