



## Mardyke Arena

UNIVERSITY COLLEGE CORK

### Intensive Swim Guide for Lessons

#### Beginners (Level 1 & 2)

##### Level 1:

Children need to be confident away from parent or guardian

They need to be confident entering and exiting the learner pool by walking down the steps, and walking across the learner pool UNAIDED

Lie on the steps, arms underneath shoulders, legs facing wall at other end of the pool, kick their legs

##### Level 2:

Children need to be able to put their face in the water confidently and blow bubbles

Being able to float on Front and Back UNAIDED

Have the ability to kick 5mts in a streamlined position on Front and Back UNAIDED and regain standing position

Swim through a submerged hoop, and pick object from pool floor

#### Intermediate (Level 3)

##### Level 3:

Enter and exit the main pool by the wall and by the steps safely unaided

Push, Glide and Kick 5m both on Front and Back in Streamlined position, face in the water

Rotate Front to Back, Back to Front 180 degrees

Be able to demonstrate basic Frontcrawl and Backcrawl arm action

#### Advanced (Level 4 & 5)

##### Level 4

Children need to perform treading water action i.e. keeping yourself up in deep end of the pool for 20seconds CONFIDENTLY and unaided

Pencil Jump and tread water before returning to the side of the pool

Push, Glide and Swim 10mts full stroke Frontcrawl confidently with basic breathing pattern

Swim 10mts full stroke Backcrawl confidently

Basic idea of Breaststroke

##### Level 5

Children need to be able to tread water CONFIDENTLY for 30 seconds in deep end of the pool

Have the ability to Push, Glide and swim Frontcrawl stroke with Unilateral breathing (Breathing to one side) proficiently for 20mts

Swim Backstroke with good stroke technique for 20mts

Swim Full stroke Breaststroke with good leg action

Sitting Dive holding Streamlining glide for 5mts