

CORE FITNESS

6 WEEK TERM

Swim Academy

NEW SWIMMERS: TADPOLES

LEVEL 1



First time in water, early beginners and nervous swimmers who need to learn the basic skills to gain more confidence in the water!

- Pool rules – safety in and around water, safe entry and exits
- Water comfort
- Floating
- Confident movement
- Face in water
- Blow bubbles
- Push and glide with float

BEGINNERS: FROGS

LEVEL 2



Swimmers beginning to gain confidence in the water and with the basic skills, comfortable in the big pool!

- Aspects of water safety and pool rules
- Confident movement
- Breath control & full submergence under water
- Floating on front and back with aids
- Kick with board (face in water)
- Kick with board (on back)
- Push and glide with float

IMPROVERS: TURTLES

LEVEL 3



Confident to move into deep water and further improve kicking and breathing techniques, gaining more strength and becoming more independent in deep water. Introduction to the basic and main swim strokes.

- Confident movement in deep water
- Floating on front and back unaided
- A 'push & glide' off the wall unaided
- Freestyle arm action with board over 5 metres
- Efficient kicking technique on front and back

INTERMEDIATE: GOLDFISH

LEVEL 4



Swimmers will focus on perfecting all skills learned from previous levels using the basic techniques with good form and a good level of water confidence. Swimmers will be introduced to:

- Back stroke, front crawl, breast stroke
- Deep water orientation
- Treading water, jumps and dives
- While improving on:
- Front crawl with breathing technique
- Arm action and kicking technique
- Push and glide on front and back

LANES: SEALS

LEVEL 5



Confident in deep water and able to swim 20m on front and back. Further development of learned skills and strokes, beginning to build stamina and strength along with perfected technique.

- Beginning to perform lengths of pool
- Swim 20m front crawl, back crawl and breaststroke comfortably without aid
- Understanding of bilateral breathing
- Work on stamina

ADVANCED LANES: SHARKS

LEVEL 6



More stamina, more strength and improved skills. Swimmers at this level will have a strong knowledge and confidence of all main strokes learned at previous levels and a good level of swim fitness.

- Swim the front crawl, back crawl, butterfly and breaststroke confidently with good technique, unaided for 80m or more
- Beginning to perform multiple lengths of pool
- Strength and conditioning in water

BOOK NOW TO SECURE YOUR PLACE!

CORE FITNESS, CLAREGALWAY HOTEL

Call: 091 738220 Email: fitness@claregalwayhotel.ie
Web: www.claregalwayhotel.ie

LEVELS 1&2	TUES, WED, THURS 3:30 PM - 4:15 PM SAT, SUN 12:00 PM - 12:45 PM
LEVELS 3&4	TUES, WED, THURS 4:15 PM - 5:00 PM SAT, SUN 12:45 PM - 1:30 PM
LEVELS 5&6	TUES, WED, THURS 5:00 PM - 5:45 PM