









Swimming Levels Guide

CLASS NAME	DESCRIPTION	WHAT WE LOOK LIKE
Timid Squidette (1A) 15 minutes	New lessons, unsure in the water, 1-on-1 w/-teacher	
Squids (1A) 15 minutes	New lessons, confident in water; water safety; floating	
Jellyfish (1B) 30 minutes	Introducing freestyle & backstroke; building confidence	
Starfish (2A) 30 minutes	Continuing freestyle & backstroke; introducing bilateral breathing, butterfly & breast kick	
Frogs (2B) 30 minutes	Continuing the 4 strokes - improving techniques, connecting stroke & kick; introducing standing diving	
Dolphins (3) 30 minutes	Improving the 4 strokes; tweaking technique; introduction to 25mtr drills	
Mini Squad 45-60 minutes	Developing skills, techniques & endurance; 25mtr drills; the 1st step into Squad training; building endurance	
Junior Squad 1 hour	Further development of techniques and the athlete mindset; fine tuning and improving speed/endurance, fitness; introducing mind/body connections; 50mtr drills	
Senior Squad 1 hour	Holistic improvement of all swim techniques, endurance, strength, fitness	