

sapphire

LEVEL 2



- Strengthening all kicking skills
- Strengthening breathing skills
- Master bubble arm breath arm
- With good floatation and technique over 14mtrs
- Head positioning
- Introduce beginner Backstroke
- Develop good floatation and technique over 14 mtrs
- Continue independent float

opals



- Strengthening level
- Unassisted Freestyle over 28 meters
- Unassisted Backstroke over 28meters
- Introduce Breaststroke kick (separately)
- Introduce Breaststroke pull (separately)

diamonds



- Consolidate all Opal skills
- Develop full stroke Breaststroke with good timing of 28mtrs
- Master Backstroke over 28mtrs (good floatation and technique)
- Master Freestyle over 28mtrs (good floatation and technique)
- Introduce Butterfly
- Basic Freestyle Tumble turns

advanced learn to swim

(25MTR POOL) / 45MIN SESSIONS

- Strengthening all skills developed over distance
- Freestyle
- Backstroke
- Breaststroke
- Butterfly



DiamondSwim School

PHONE: 0439 766 059

EMAIL: admin@diamondswim.com.au



DiamondSwim School



Call for a
FREE
assessment

DiamondSwim School Progress levels

Specialising In Infant to elite level

- Water familiarisation
- Free baby classes from 2months up to 6 months
- Gold and Silver level head coaches
- Learn to swim all ages
- Year round heated indoor/outdoor pools
- Junior, Squad, Adult, Casuals, Surf & Elite Squad

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pebbles



Our free classes take place twice a week for babies from 2 months up to 6 months

- Parent education on water safety
- Water familiarisation
- Enhance parent/child bonding
- Nurture babies natural instinct in the water
- Comfort/balance in the water with kick time, mat play with toys
- Conditions baby for submersion/ splash and play
- Water stimulation and assisted floating
- Instil verbal and manipulative pattern for kicking
- Develop independence
- Maintaining grasp and reflex developing grip
- Music and Fun



crystals 1



- 6 months to 18 months
- Parent /carer and child in the water groups up to 6
- Conditions baby for submersion using verbal trigger
- Water stimulation and back floating
- Developing independence in the water and water confidence
- Develop independence in shallow water
- Introduce pool side grip , pool side returns and exits
- Develop grasp / kick / paddle and breath control
- Execute trauma free submersion
- Retrievals

crystals 2

- 18 months to 3yrs
- Parent /carer and child in the water groups up to 6
- Continue to condition baby for submersion using verbal trigger with breath control
- Water stimulation and independent back floating
- Developing independence in the water and water confidence
- Develop independence in shallow water
- Introduce pool side grip , pool side returns and exits over distance
- Develop grasp / kick / paddle and breath control
- Independent noodle work
- Execute trauma free submersion
- Fish retrievals

ADVANCED

crystals



- Approx 3 years
- Independent breaths over distance
- Improve independent propulsion kick / paddle
- Extend unaided swimming with breath, kick and paddle
- Underwater swim over distance with arm pull and breath
- Develop turns to the side or ledge
- Fish retrievals with pool bottom vertical push
- Noodle balance
- Goggles off activity
- Kick board control on front / back
- Develop good kick alignment
- Kick board back float

sapphire

LEVEL 1



- Approx 4yrs
- Develop kick board skills
- Develop breathing skills
- Focus on stronger kick alignment
- Introduce arm stroke on board then independently
- Torpedo glide and kick independently
- Fish retrievals with breath control
- Goggles off activity
- Independent side entries and returns