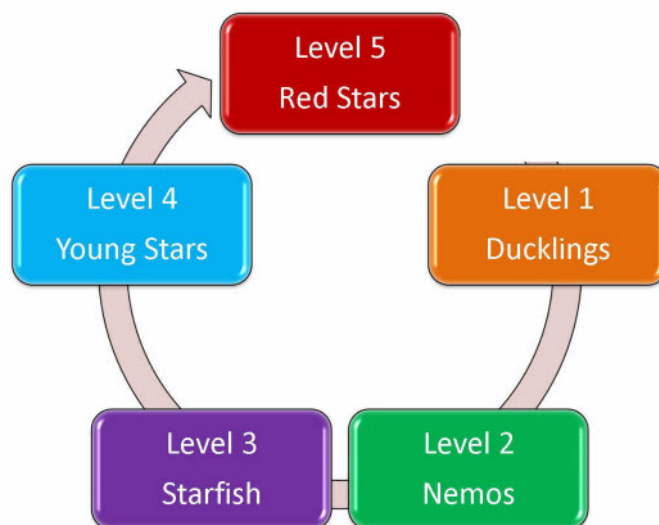




Swim Program 2011

Welcome to Edenderry Swimming Pool

Childrens **swimming lessons** are suitable for school age children. Swimming lessons Start with non-swimmers and progress through the Edenderry Swim Scheme. When the scheme is completed, swimmers should be proficient in all 4 strokes, with an understanding of water safety.



Swim Lessons Levels 1 -5: An Overview



Level 1 Ducklings: Introduction to Water Skills

Students learn to feel comfortable in the water. Level 1 participants learn to:

- Enter and exit water safely. · Submerge mouth, nose and eyes. · Exhale underwater through mouth and nose. · Open eyes underwater, pick up submerged object. · Change direction while walking or paddling. · Roll over from front to back and back to front with support.
- Explore floating on front and back with support. · Explore swimming on front and back using arm and leg actions with support.

Level 2 Nemos: Fundamental Aquatic Skills



Purpose: Gives students success with fundamental skills. Level 2 participants learn to—

- Enter water by stepping or jumping from the side. · Exit water safely using ladder or side.
- Submerge entire head. · Blow bubbles submerging head in a rhythmic pattern (bobbing).
- Open eyes underwater, pick up a submerged object in shallow water.
- Float on front and back. · Perform front and back glide.
- Change direction of travel paddling on front or back.
- Roll over from front to back, back to front. · Tread water using arm and leg motions (chest-deep water).
- Swim on front, back, and side using combined arm and leg actions.

Level 3 Starfish: Stroke Development

This class builds on the skills in Level 2 through additional guided practice. Level 3 participants learn to—



- Jump into deep water from the side. · Dive from kneeling or standing position.
- Submerge and retrieve an object in chest deep water. · Bob with the head fully submerged.
- Rotary breathing in horizontal position. · Perform front and back glide using two different kicks.
- Float on front and back in deep water. · Change from horizontal to vertical position on front and back.
- Tread water using hand and leg movements. · Perform front and back crawl.
- Butterfly—kick and body motion. · Perform the HELP and Huddle position.

Level 4 Young Stars: Stroke Improvement

Purpose: Develops confidence in the skills learned and improves other aquatic skills.

Level 4 participants learn to— · Perform a dive from a standing or stride position.

- Swim underwater. · Perform feet-first surface dive. · Perform open turns on front and back.
- Tread water using sculling arm motions and with different kicks.
- Perform the following: Front and backcrawl; Breaststroke; Butterfly;

Elementary backstroke; Swim on side using scissors-like kick



Level 5 Club Swimming: Stroke Refinement and Swimming and Skill Proficiency

Purpose: Provides further coordination and refinement of strokes. Red Stars participants learn to perform the following: · Standing dive · Shallow dive, glide two body lengths and begin any front stroke · Tuck surface dive, Pike surface dive · Front flip turn, Backstroke flip turn · Front and back crawl; Butterfly; Breaststroke; Elementary backstroke; Sidestroke; · Tread water with two different kicks · Learn survival swimming



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Red Stars Swim Team