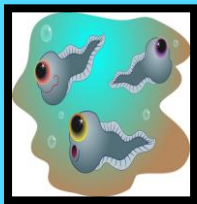




Jackson's Swim School

Class Levels

Tiny Tadpoles - Level 1 'Babies / Parent'



Each child is accompanied into the water by Mummy or Daddy (adult). The focus of this level is to create a bright and happy atmosphere through use of songs, activities and interactions between baby, parent and instructor. We work on breathing control in preparation for assisted submersion. (30 minute classes)

Floating Frogs - Level 2 'Babies / Parent'



Each child is accompanied into the water by Mummy or Daddy (adult). The focus of this level is to develop water confidence, safety and co-ordination. Through games, activities and interaction, babies are encouraged to float, kick and submerge. (30 minute classes)

Nimble Nemo's - Level 1 Learn to Swim



As Nimble Nemo's children practice floating, submersion and propulsion skills (kicking, paddling & torpedos). The parent is also encouraged to exit the water at this stage. (30 minute classes)

Determined Dorys - Level 2 Learn to Swim



Determined Dory's continue with confidence building floating, submersion, breath control and propulsion skills both front and back (kicking, paddling & torpedos). Freestyle 'big arms' are introduced and correct body position in the water is practiced. Water safety skills and activities are encouraged and developed. (30 minute classes)

Turbo Turtles - Level 3 Learn to Swim



Turbo Turtles have successfully mastered 'big arms' and body position and kicking in the water have been finetuned. Turtles float independently and can 'soldier' and 'torpedo' across the pool on front and back with a kickboard. Bilateral breathing and backstroke arms are introduced and practiced. (30 minute classes)

Glittering Goldfish - Level 4 Learn to Swim



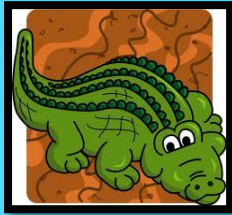
Glittering Goldfish is our last learn to swim level. Developing the correct technique for bilateral breathing is the main focus. Freestyle and backstroke swimming are fine tuned. Skills and drills for dolphin kicks and frog arms and legs are introduced and practiced. Learning to dive is encouraged. (30 minute classes)

Daring Dolphins - Level 1 School Age 'The Timid Beginner'



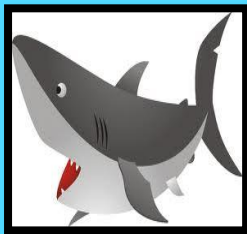
The Daring Dolphin level is for children of school age (5 yrs and up) who have had little or no swimming instruction. This level caters for the timid beginner. Confidence in the water is the main focus. Skills are gently introduced and applied. Being a little older, children starting in this level respond rapidly to our methods and progress swiftly. (30 minute classes)

Courageous Crocs - Level 2 School Age



Children, who have had swimming lessons previously and are school age, are placed into our Courageous Crocs level. Students practice drills to improve their stroke. Stroke technique is emphasized at this level. Skills for perfecting strokes are implemented and reinforced by the Instructor. Treading water and rope rescues are practiced. Diving skills developed. (30 minute classes)

Supersonic Sharks - Level 3 School Age



Supersonic Sharks continue to strive towards correct stroke technique for Free, Back, Breast and Fly. Drills for strengthening stamina are infused into each lesson. Diving skills and techniques are refined and sharpened. Students will undertake a floatation rescue. Starts, turns and finishes are practiced. (30 minute classes)

Bold Barracudas - Squads



Our Bold Barracuda's are able to swim all strokes correctly for at least 100m - 200m with excellent stroke technique and accurate start, turn and finish for each. Water safety drills and exercises are regularly rehearsed and students are able to perform a wade and deep water rescue. Tread water for 5 minutes. Techniques to improve stamina and speed in the water are utilised and implemented. (60 minute classes)

Please email kelli_5@bigpond.com if you have any questions; alternatively contact the Swim School during office hours on 4267 4585.