



OUR LEVELS

YELLOW (Comfort) – to teach all beginner swimmers (of all ages)

1. to be comfortable in the water
2. to trust the water
3. to know, ***feel*** the effects of buoyancy
4. to be comfortable in all ***depths*** of the pool. We believe that if ***'you can't swim in deep water, you can't swim'***
5. to swim to any 'safe place' if they ever fall in – we teach **SAFER** options by simulating potential hazards

GREEN (Propulsion) – this level teaches propulsion

1. using all 4 limbs
2. symmetric and asymmetric styles
3. based on the swimmers developmental level
4. in all body positions – on front, back and side
5. underwater – this is the crucial power source of propulsion
6. giving **SAFER** options eg rollovers, underwater freestyle with side breathing

RED (Strokes)

Once the under water propulsion methods are achieved to provide **EFFORTLESS POWER**, then we add the effects of gravity (above water recovery in all strokes).

All strokes have been covered in the green levels and now they are formalised, based on best propulsive practices.

All levels have **swimSAFER** content, entries and distance swims as well as the basic skills listed above