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PARENT INFORMATION (Learn-to-Swim & Squad)

Our Objective

Our priority is to ensure every swimmer learns to swim in a safe, happy environment which in turn aids the development of each individual. The swim factory also aims to produce swimmers with good technique. To achieve this goal we have a clear program upon which to build and develop skills to aid progression. Emphasis is placed on body position, kicking action, arm pull, breathing and timing to enable propulsion through the water.

Swim Level Guidelines

Level 1

The aim is to create water confidence with fun. A great deal of understanding and patience is required by the teacher and parent at this stage. Each individual will progress at their own pace and building confidence with an element of safety are fundamental ingredients at this stage of the program.

Level 2

The pupil is introduced to elementary actions of freestyle and backstroke kick with safety paramount within the program. Level 2 is a challenge to the swimmer and the teacher because there is so much to remember. However, the pupil will progress within the positive and happy environment provided.

Level 3

Level 3 concentrates on coordinating body position, kicking, breathing and arm movement. Motor skills are key to learning with some pupils progressing faster than others but the repetition will aid the learning process. Dolphin action is also introduced.

Level 4

The kicking, breathing and arm movements are progressed with the pupil working towards total independence in these skills. Kicking correctly at this level is an important step. Backstroke and the dolphin action is developed while diving and breaststroke is introduced.

Level 5

By the time Level 5 is reached the pupil will have a continuous leg and arm action and be independent of the teacher. The stroke is improved and streamline in the water

refined to develop the mental attitude developed at this level. Breaststroke is developed together with other water skills such as sculling.

Level 6 & 7

The pupils are able to accomplish all strokes to a good standard and are able to successfully achieve technical drills. Multi lap activity is introduced with emphasis on technique, building endurance and turns.

Level 8 & 9

Multi lap swimming is achieved in all strokes. Turns are refined on all strokes while the pupil is able to achieve increasingly more challenging drills and tasks within the program. Individual medley is completed with correct turns while the focus remains on enjoyment, safety and preparation for the next level.

Squad & Elite Squad

Pupils have the opportunity to progress to a higher standard of swimming through the squad. Sessions are between 45 minutes and 1 hour in duration and aim to improve endurance, technique, turns and dives. For those looking to take the next step into competition or who already compete, the elite squad offers sprint and distance swimming, heart rate sets, use of pace clock and swimmer education.