

SEA SHELL LEARN TO SWIM SYLLABUS



AT RWB ACADEMY, WE UNDERSTAND THE IMPORTANCE OF TEACHING WATER SAFETY AND DEVELOPING SOLID SWIMMING SKILLS FROM AN EARLY AGE. THAT'S WHY WE ARE PROUD TO PRESENT OUR SEA SHELL PROGRAMME, SPECIALLY DESIGNED FOR CHILDREN AGED 2.5 TO 5 YEARS OLD. STAGES ONE TO NINE REPLACES OUR RED, WHITE AND BLACK SEA SHELL STAGES

SEA SHELLS 2.5 - 5 YRS



STAGE ONE

STAGE TWO

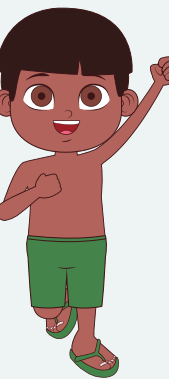
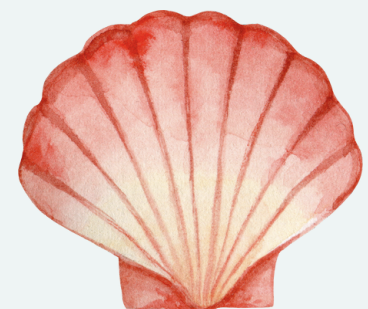
STAGE THREE

- ALLOW WATER ON FACE FOLLOWED BY REOPENING OF EYES WITHOUT WIPING FACE(WATERFALLS)
- BE TRANSPORTED THROUGH WATER HIP DEEP FOR 5M
- BLOW BUBBLES THROUGH MOUTH (FACE DOES NOT HAVE TO BE SUBMERGED)
- SUBMERGE FACE FOR COUNT OF 3 (SWIMMER CAN HOLD BREATH)
- ASSISTED BY INSTRUCTOR: PUSH OFF WALL WITH 2 BOARDS/NOODLE(FACE CAN BE IN/OUT OF WATER)
- PROPERLY ENTER AND EXIT BABY POOL - RAMP, STEPS, SIDE OF POOL
- SAFETY RULES AROUND THE POOL
- WALK ACROSS BABY POOL ON HANDS AND FEET OR BE TRANSPORTED FOR 5 SECONDS WITH SHOULDERS SUBMERGED

- BLOW BUBBLES THROUGH MOUTH FOR COUNT OF 3- MOUTH AND EYES SUBMERGED (EYES OPEN/CLOSED)
- ASSISTED BY INSTRUCTOR: STARFISH FLOAT ON STOMACH
- ASSISTED BY INSTRUCTOR: REMAIN HORIZONTAL ON STOMACH MOVING LEGS IN KICKING ACTION- 2 BOARDS ARE TO BE USED WITH INSTRUCTOR SUPPORTING HANDS ON BOARD
- ASSISTED BY INSTRUCTOR: PUSH OFF WALL WITH FACE IN WATER (AIDS CAN BE USED)
- MINIMUM 3 CONSECUTIVE ASSISTED BOBS
- ASSISTED BY INSTRUCTOR: GO FROM HORIZONTAL ON STOMACH TO STANDING USING 2 KICKBOARDS
- OPEN EYES UNDERWATER FOR 3 SECONDS

- ASSISTED BY INSTRUCTOR: PERFORM STREAMLINE FLOAT
- ASSISTED BY INSTRUCTOR: PERFORM LOG ROLL - STOMACH TO BACK WHILE ARMS REMAIN AT SIDE
- DISPLAY LONG LEGS, SMALL SPLASH WHILE KICKING ON STOMACH SUPPORTED BY 2 BOARDS/NOODLE UNDER ARMPITS FOR 3 SECONDS (HIPS SHOULD BE NEAR SURFACE)
- ASSISTED BY INSTRUCTOR: GO FROM HORIZONTAL STREAMLINED POSITION ON STOMACH TO VERTICAL
- ASSISTED BY INSTRUCTOR:SHOW UNDERSTANDING OF BLOWING BUBBLES WHEN SUBMERGED
- REMAIN HORIZONTAL WHILE BEING TRANSPORTED ON BACK (EARS REMAIN IN THE WATER)
- UNASSISTED SEATED FALL INTO POOL TO PARENT/INSTRUCTOR
- ASSISTED BY INSTRUCTOR: EXIT AND ENTER POOL AT A DEPTH SWIMMER IS UNABLE TO STAND IN
- RECOVER AN OBJECT FROM A DEPTH THAT REQUIRES SWIMMER TO SUBMERGE FACE

INTRODUCTORY SKILLS



SEA SHELLS 2.5 - 5 YRS



STAGE FOUR

STAGE FIVE

STAGE SIX

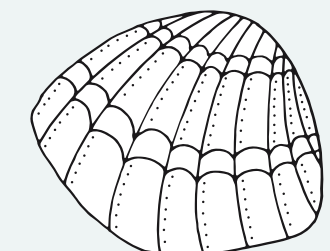
- ASSISTED BY INSTRUCTOR: PERFORM ANY TWO (2) FLOATS (STARFISH, JELLYFISH, TURTLE, DEADMAN'S, ETC)
- ASSISTED BY INSTRUCTOR: LOG ROLL FROM STOMACH INTO ASSISTED STARFISH FLOAT ON BACK
- BE TRANSPORTED WITH HANDS REMAINING AT SIDE AND FACE IN WATER. SWIMMER RAISES THEIR FACE OUT OF WATER WHEN BREATH IS NEEDED
- ASSISTED BY INSTRUCTOR: PUSH OFF OF WALL IN STREAMLINED POSITION
- ASSISTED BY INSTRUCTOR: FREESTYLE KICKS FOR COUNT OF 5 - TWO (2) BOARDS
- GO FROM HORIZONTAL ON STOMACH TO VERTICAL - TWO (2) BOARDS
- MOVEMENT - ONE ARM FRONT CRAWL WITH ONE BOARD- INSTRUCTOR HOLDS BOARD WHILE SWIMMER PERFORMS THIS SKILL (BOTH ARMS)
- REMAIN HORIZONTAL ON BACK WHILE BEING TRANSPORTED - 5M
- GAMES SUCH AS FIND AN OBJECT/TOY PICK UPS IN WATER CHEST DEEP
- OPEN EYES UNDERWATER FOR COUNT OF 3
- ASSISTED BY INSTRUCTOR: PUSH OFF WALL WITH FACE IN WATER- ONE (1) BOARD (INSTRUCTOR SUPPORTS BOARD)
- INTRODUCTION TO KICKING ON BACK WHILE BEING TRANSPORTED (INSTRUCTOR CONTROLS SWIMMER'S LEGS)

- PUSH OFF WALL IN STREAMLINE
- FRONT GLIDE AND KICK FOR COUNT OF THREE (3)
- FREESTYLE KICKS ON STOMACH FOR COUNT OF 5 - TWO (2) BOARDS
- FRONT CRAWL FOR COUNT OF FIVE (5)- ONE (1) BOARD
- FACE FULLY SUBMERGED - BLOW BUBBLES FOR COUNT OF 5 IN DEEP WATER WHILE HOLDING WALL
- SPIDER WALK ALONG DEEP END OF POOL
- ASSISTED BY INSTRUCTOR: GO FROM HORIZONTAL ON STOMACH TO STANDING WITHOUT USE OF AIDS
- ASSISTED BY INSTRUCTOR: JUMP INTO DEEP END TO INSTRUCTOR THEN PERFORM ANY FLOAT
- ASSISTED BY INSTRUCTOR: LOG ROLL FROM STOMACH TO BACK ASSISTED BY 2 BOARDS-ONE IN LEAD HAND AND ONE IN HAND AT SIDE

- FREESTYLE KICKS -ONE (1) BOARD-5M
- FRONT CRAWL MOVEMENT - NO BOARD-5M
- ASSISTED BY INSTRUCTOR: BACKSTROKE KICKS DISPLAYING LONG LEGS- ONE (1) BOARD (ASSISTANCE CAN BE PROVIDED AT THE HEAD)
- FRONT GLIDE AND KICK- THREE (3)M
- ASSISTED BY INSTRUCTOR :JUMP/SEATED FALL INTO DEEP END, PERFORM FRONT CRAWL MOTION/FRONT GLIDE AND KICK 3 SECONDS
- ASSISTED BY INSTRUCTOR: PUSH OFF WALL LYING ON BACK HOLDING NOODLE OVER HIPS (SUPPORT CAN BE PROVIDED TO SWIMMER'S HEAD)
- ASSISTED BY INSTRUCTOR: PUSH OFF WALL IN STREAMLINE FOR THREE (3) SECONDS, BLOWING BUBBLES
- ASSISTED BY INSTRUCTOR: SUPPORT SWIMMER UNDER CHIN OR ARM PITS WHILE THEY PERFORM DOGGY PADDLE
- GO FROM HORIZONTAL ON STOMACH TO VERTICAL - NO AIDS
- ASSISTED BY INSTRUCTOR: LOG ROLL FROM STOMACH TO BACK, NO EQUIPMENT. LOG ROLL PERFORMED - ONE ARM IN FRONT AND ONE ARM AT SIDE OF LEG



INTERMEDIATE SKILLS



SEA SHELLS 2.5 - 5 YRS



STAGE SEVEN

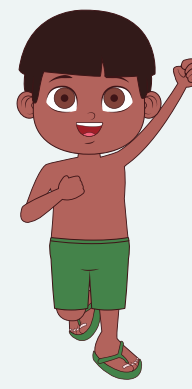
STAGE EIGHT

STAGE NINE

- PROPER ENTRY AND EXIT TO DEEP END OF POOL
- FREESTYLE KICKS 8M- ONE (1) BOARD
- FREESTYLE KICKS WITH ARMS AT SIDE - FIVE (5) SECONDS INTO ASSISTED ROLLOVER AND BACKSTROKE KICKS FOR FIVE (5) SECONDS
- FRONT CRAWL - 8M- ONE (1) BOARD
- JUMP INTO BIG POOL UNASSISTED AND PERFORM ANY FLOAT
- ASSISTED BY INSTRUCTOR: SIDE GLIDE AND KICK - ONE (1) BOARD EACH ARM
- ASSISTED BY INSTRUCTOR: BACKSTROKE KICK 8M-ONE (1) BOARD(SUPPORT CAN BE PROVIDED TO SWIMMER'S HEAD)
- KEEP FACE SUBMERGED - COUNT OF EIGHT (8)
- BLOW BUBBLES - COUNT OF SIX (6)
- ONE ARM FRONT CRAWL 6M- 1 BOARD (TO BE PERFORMED ON SIDE OF PREFERENCE)
- DOGGY PADDLE
- EIGHT (8) BOBS HOLDING ON TO WALL

- REESTYLE KICKS- 12M- ONE (1) BOARD
- FRONT GLIDE AND KICK, 5 SECONDS, ARMS AT SIDE INTO UNASSISTED ROLLOVER AND BACKSTROKE KICKS FOR 10 SECONDS, ARMS REMAINING AT SIDE
- ASSISTED BY INSTRUCTOR: FRONT CRAWL 8M- NO EQUIPMENT (LIGHT ASSISTANCE MAY BE PROVIDED TO SWIMMER'S HAND ON BREATH. ENSURE SWIMMER IS ON SIDE, EAR ON ARM AND LEAD ARM STAYS NEAR SURFACE DURING BREATH)
- SIDE GLIDE AND KICK 1 BOARD- COUNT OF FIVE (5)
- DOGGY PADDLE - COUNT OF FIVE (5)
- JUMP INTO DEEP WATER AND SWIM BACK TO WALL
- ASSISTED BY INSTRUCTOR: BACKGLIDE AND KICK 8M,ARMS AT SIDE (LIGHT ASSISTANCE MAY BE PROVIDED TO THE HEAD)
- ASSISTED BY INSTRUCTOR:WHILE HOLDING ON TO WALL, PERFORM FREESTYLE KICKS FOR 4 SECONDS. EVERY 4 SECONDS SWIMMER IS TO PERFORM A PULL INTO A PROPER FREESTYLE BREATH. (CONSECUTIVELY DONE 4 TIMES)
- SEATED DIVE

- ASSISTED BY INSTRUCTOR: ONE ARM FRONT CRAWL-10M (INSTRUCTOR SUPPORTS LEAD ARM ON THE BREATH WHILE ENSURING EAR REMAINS ON ARM)
- FRONT CRAWL- 12M- ONE (1) BOARD BREATHING WITH EAR ON ARM
- SIDE GLIDE & KICK- 5M- NO EQUIPMENT
- FRONT CRAWL -12M NO BOARD (SWIMMER MUST HAVE GENERAL IDEA OF BREATHING POSITION. NO LOOKING FORWARD ON BREATH)
- ASSISTED BY INSTRUCTOR: FRONT GLIDE AND KICK WHILE BLOWING BUBBLES FOR FIVE (5) SECONDS, INTO SIDE GLIDE AND KICK FOR FIVE (5) SECONDS (ENSURE EAR STAYS ON ARM. INSTRUCTOR CAN SUPPORT THE LEAD ARM)
- TREADING WATER FOR 10 SECONDS (CHIN SHOULD REMAIN OUT OF WATER)
- FALL INTO DEEP WATER BACKWARD AND ROLL OVER UNTO STOMACH
- SEATED DIVE AND SWIM
- STARFISH ON BACK, LOG ROLL INTO STREAMLINE ON STOMACH INTO JELLYFISH FLOAT
- BACKSTROKE KICKS WITH ARMS AT SIDE FOR 10 SECONDS



ADVANCED SKILLS

SEA SHELLS - 2.5 TO 5 YRS PROGRESSION CHART



SEA SHELLS
2.5 TO 5 YRS

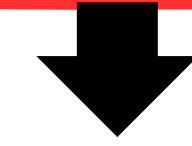
STAGE ONE

STAGES FOUR TO EIGHT



STAGE NINE

SEA SHELLS
2.5 TO 5 YRS



SEA STARS
6 TO 12 YRS

STAGE TEN

STAGE NINE

STAGES FOUR TO EIGHT

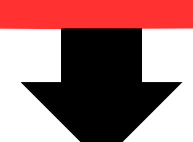


STAGE THREE

SEA STARS
6 TO 12 YRS



**ADULT/TEEN
STAGE NINE**



**COMPETITIVE
SWIMMING**



**MASTERS
/LIFESAVING**



N.B. THERE ARE OTHER OPTIONS AVAILABLE THAT WILL BE DEMONSTRATED IN OLDER AGE GROUP PROGRESSION CHARTS