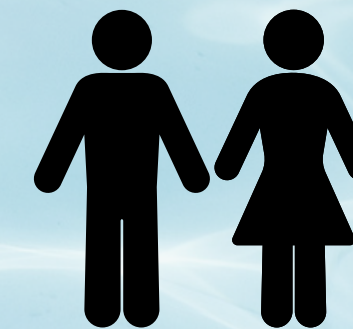
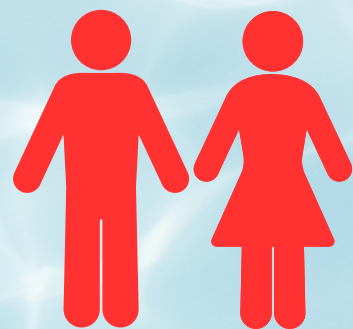


TEEN/ADULT LEARN TO SWIM SYLLABUS



WE ARE COMMITTED TO MAKING THE ADULT LEARN TO SWIM LEVEL A COMFORTABLE AND REWARDING EXPERIENCE. WE KNOW THAT MANY PERSONS HAVE DELAYED TAKING FORMAL LEARN TO SWIM CLASSES FOR VARYING REASONS. WE ARE AWARE THAT ADULTS MAY HAVE THEIR FEARS OR A TRAUMATIC EXPERIENCE DELAYING THEIR DREAM TO SWIM, AT RWB ACADEMY, WE ARE COMMITTED TO CREATING A SAFE SPACE WHERE YOU ARE APPLAUDED FOR TAKING THE BRAVE STEP TO INTRODUCE THE LIFE SKILL OF SWIMMING IN YOUR LIVES.

ADULT 13 YEARS PLUS

STAGE ONE

- FIVE (5) CONTINUOUS BOBS
- FRONT GLIDE AND KICK-10M
- ONE ARM FRONT CRAWL WITH 1 BOARD -10M
- FRONT CRAWL-10M (PROPER BREATHING POSITION NOT NECESSARY)
- TURTLE FLOAT
- BACK GLIDE FOR COUNT OF THREE (3) REMAINING IN HORIZONTAL POSITION
- PERFORM SIDE GLIDE AND KICK FOR 5 SECONDS WITH 2 BOARDS (ONE IN EACH ARM)
- STARFISH FLOAT ON STOMACH
- STARFISH FLOAT ON BACK

STAGE TWO

- FREESTYLE KICKS WITH 1 BOARD-25M
- ONE ARM FRONT CRAWL-10M NO BOARD, BREATHING TO THE SIDE WITH HEAD HORIZONTAL (ONE SIDE)
- SIDE GLIDE & KICK-5M WITHOUT ANY EQUIPMENT
- FRONT CRAWL -15M NO EQUIPMENT (SWIMMER MUST HAVE A GENERAL IDEA OF BREATHING POSITION. NO FORWARD BREATHING)
- FRONT GLIDE AND KICK BLOWING BUBBLES FOR 5 SECONDS INTO SIDE GLIDE AND KICK FOR 5 SECONDS (INSTRUCTOR CAN SUPPORT LEAD ARM IF NEEDED)
- DOGGY PADDLE FOR 10 SECONDS (FACE MUST REMAIN OUT)
- BACK GLIDE AND KICK WITH ARMS AT SIDE INTO LOG ROLL UNTO STOMACH
- SEATED DIVE
- JELLYFISH FLOAT
- BACKSTROKE KICKS WITH ARMS AT SIDE FOR 10 SECONDS

STAGE THREE

- BACKSTROKE KICKS WITH 1 BOARD-15M
- SIDE GLIDE AND KICK-8M
- FRONT CRAWL-25M
- BACKSTROKE-10M
- TREAD WATER FOR 20 SECONDS
- SWIM 25M NON STOP-15M FRONT CRAWL, LOG ROLL INTO 10M BACKSTROKE KICKS WITH ARMS AT SIDE
- BACKSTROKE KICKS-5M SHOWING ABILITY TO ROTATE FROM ONE SIDE TO THE OTHER (GETTING SHOULDERS OUT)
- FREESTYLE KICKS- 5M SHOWING ABILITY TO ROTATE FROM ONE SIDE TO THE OTHER WHILE KICKING (GETTING SHOULDERS AND HIPS OUT)
- LAYING ON STOMACH, GO FROM TURTLE FLOAT TO STREAMLINE FLOAT TO STARFISH FLOAT
- LOG ROLL FROM BACK TO STOMACH WITH ARMS AT SIDE WHILE KICKING
- SEATED DIVE INTO FRONT CRAWL

INTRODUCTORY SKILLS



ADULT 13 YEARS PLUS

STAGE FOUR

- COMPLETE 50M NON STOP- 25M FRONT CRAWL INTO 25M BACKSTROKE FREESTYLE KICKS- 5M SHOWING ABILITY TO ROTATE FROM ONE SIDE TO THE OTHER WHILE KICKING (GETTING SHOULDERS & HIPS OUT)
- COMPLETE A SEQUENCE OF 4 WELL CO-ORDINATED BREASTSTROKE STROKES WITH PROPER TECHNIQUE
- KNEELING DIVE INTO SWIM
- BUTTERFLY KICKS WITH ARMS AT SIDE SHOWING UNDERSTANDING OF UNDULATION AND THE KICK- NO DISTANCE REQUIRED
- EXTRA SKILLS
- HEADFIRST SCULLING
- SINK UNDERWATER, PUSH OFF AND GLIDE- MINIMUM 2M BELOW SURFACE
- FLIP TURN WITH TWO KICK BOARDS (AWAY FROM WALL)

STAGE FIVE

- COMPLETE 50M FRONT CRAWL NON-STOP
- BACKSTROKE KICKS- 10M SHOWING ABILITY TO ROTATE FROM ONE SIDE TO OTHER(SHOULDERS AND HIPS OUT)
- BREASTSTROKE-10M
- STANDING DIVE
- 6 BUTTERFLY KICKS IN A STREAMLINED POSITION
- 4 CONTINUOUS BUTTERFLY PULLS WITH PULL BUOY BETWEEN LEGS(ARMS MUST CLEAR WATER SURFACE ON RECOVERY ENTERING FULLY EXTENDED IN FRONT SHOULDERS)
- FLOOR DIVES
- KICK INTO WALL WITH FACE IN WATER AND ARMS AT SIDE. WITH 1 BOARD HELD IN EACH ARM, PERFORM FLIP TURN AND PUSH OFF OF WALL WITH ARMS AT SIDE
- BACKSTROKE KICKS-15M- HANDS AT SIDE ROTATING SIDE TO SIDE WHILE KEEPING HEAD STILL

STAGE SIX

- COMPLETE 50M BACKSTROKE
- BREASTSTROKE-25M
- SWIM 5M FREESTYLE INTO WALL AND PERFORM FLIP TURN ENSURING FEET CONTACTS THE WALL AT END OF FLIP TURN
- DISPLAY PROPER CO-ORDINATION AND BODY POSITION AS PER TEACHING PROGRESSIONS IN 2 OUT OF 3 STROKES (BACKSTROKE, BREASTSTROKE, FRONT CRAWL)
- BUTTERFLY-12M (PROPER TIMING OF BREATH NOT NECESSARY)
- HANDSTAND IN DEEP WATER
- LIFESAVING BACKSTROKE

INTERMEDIATE SKILLS



ADULTS 13 YEARS PLUS

STAGE SEVEN

- COMPLETE 75M NON STOP (MIX OF STROKES CAN BE USED)
- BUTTERFLY- 12M SHOWING UNDERSTANDING OF STROKE'S TIMING AND UNDULATION
- PERFORM 10M LIFESAVING BACKSTROKE
- 20 SECONDS TREADING WATER USING BREASTSTROKE KICKS
- PERFORM 25M ANY SCULL
- FRONT CRAWL- 25M BILATERAL BREATHING (BOTH SIDES)
- PERFORM BACKSTROKE START OFF THE BLOCK
- PUSH OFF AND GLIDE FULLY SUBMERGED UNDERWATER FOR COUNT OF 3 (NO PART OF THE BODY SHOULD BE OUT OF THE WATER)
- SWIM 15M FRONT CRAWL INTO A FLIP TURN (AWAY FROM WALL)

STAGE EIGHT

- COMPLETE 50M BREASTSTROKE NON STOP
- PERFORM A BREASTSTROKE PULL OUT
- SWIM 10M FRONT CRAWL AWAY FROM WALL INTO A FLIP TURN AND FRONT CRAWL BACK TO WALL
- SWIM 25M FRONT CRAWL SHOWING UNDERSTANDING OF ROTATION, BODY POSITION AND CO-ORDINATION
- SWIM 25M BACKSTROKE SHOWING UNDERSTANDING OF ROTATION, BODY POSITION AND CO-ORDINATION
- SIDESTROKE
- PERFORM ANY DIVE INTO A STROKE
- BACKWARD SOMERSAULT
- PERFORM BACKSTROKE START INTO UNDERWATER BUTTERFLY KICKS ON BACK

STAGE NINE

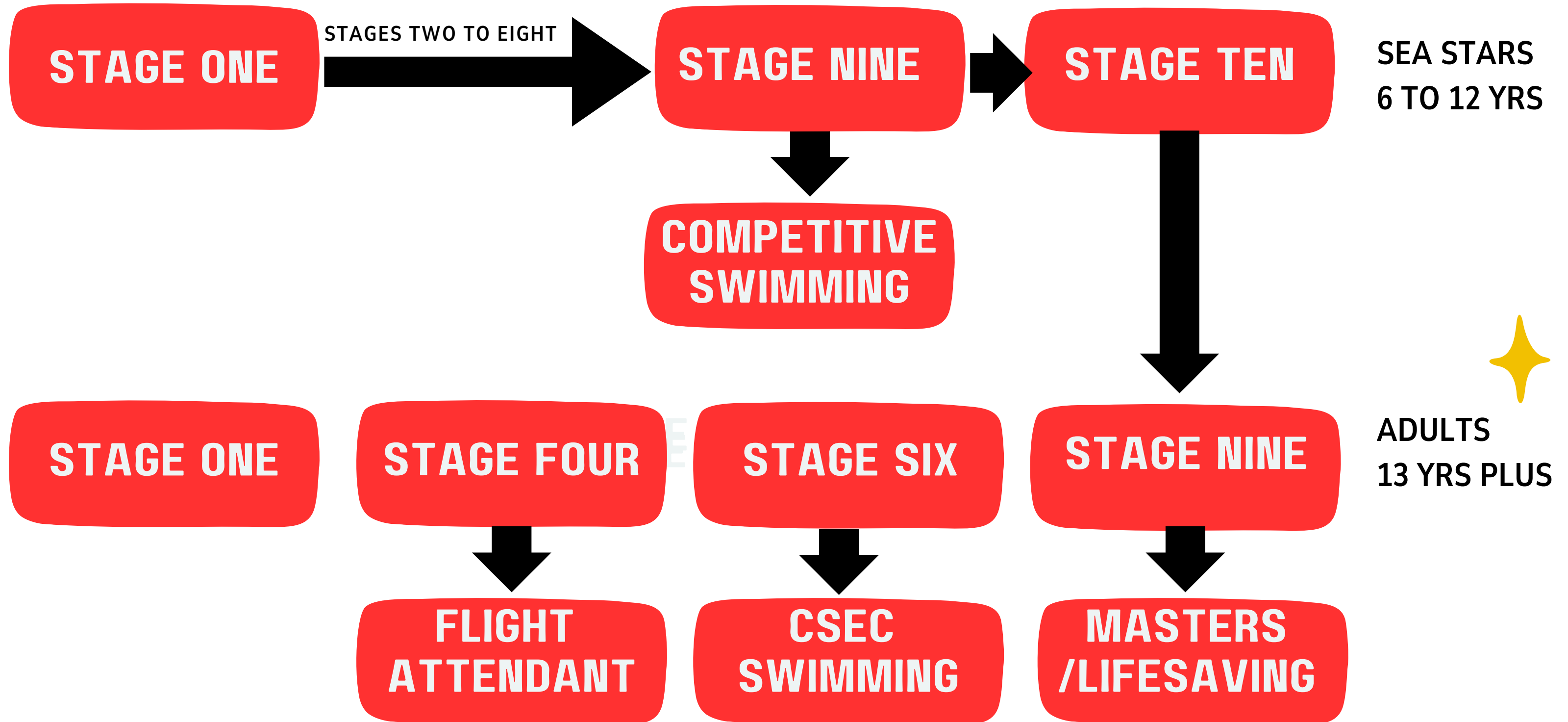
- FRONT CRAWL 50M PERFORMING FLIP TURN AT THE 25M
- SWIM 25M BUTTERFLY SHOWING UNDERSTANDING OF TIMING, UNDULATION AND BODY POSITION
- SWIM 25M BREASTSTROKE WITH PULLOUT SHOWING UNDERSTANDING OF TIMING, KICK AND BODY POSITION
- STANDING DIVE
- SWIM 25M CLOTHED
- ONE MINUTE AND A HALF TREADING WATER USING BREASTSTROKE KICKS AND ANY FORM OF ARM MOVEMENT
- PUSH OFF UNDERWATER AND KICK 5M BUTTERFLY KICKS
- SWIM 100M INDIVIDUAL MEDLEY
- SIDESTROKE-10M
- RECOVER OBJECT FROM DEEPEST POINT OF POOL

ADVANCED SKILLS



SEA STARS & TEEN/ADULTS PROGRESSION CHART

SEA STARS
6 TO 12 YRS



SEA STARS
6 TO 12 YRS

ADULTS
13 YRS PLUS
STAGES 1 - 9

ADULTS
13 YRS PLUS

N.B. ON THE COMPLETION OF ADULTS STAGE 9, PERSONS CAN INQUIRE ON HOW TO PURSUE A POSSIBLE CAREER IN COACHING