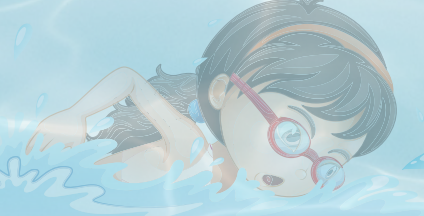


SEA STAR LEARN TO SWIM SYLLABUS



THE SEA STAR LEVEL OF THE RWB ACADEMY LEARN TO SWIM PROGRAMME SETS THE STAGE FOR YOUR CHILD'S WATER SAFETY JOURNEY. WHETHER THEY DREAM OF COMPETING IN SWIMMING OR SIMPLY WANT TO ENJOY THE HEALTH AND WELLNESS BENEFITS OF THE SPORT, OUR PROGRAM PROVIDES THE PERFECT FOUNDATION. UNDER THE GUIDANCE OF OUR EXPERIENCED COACHES AND DEDICATED INSTRUCTORS, YOUR CHILD WILL DEVELOP AN ENDURING LOVE FOR SWIMMING WHILE BUILDING ESSENTIAL SKILLS THAT WILL LAST A LIFETIME.



SEA STAR 6 - 12 YRS

STAGE ONE

- 5 CONTINUOUS BOBS
- FRONT GLIDE AND KICK-5M
- FREESTYLE KICKS -10M- 2 BOARDS
- PERFORM 4 FRONT CRAWL STROKES - NO BOARD(BIG CIRCLES WITH ARMS WHILE CONTINUOUSLY KICKING AT SURFACE)
- ASSISTED BY INSTRUCTOR: SIDE GLIDE AND KICK FOR 5 SECONDS(INSTRUCTOR SUPPORTS LEAD HAND)
- ASSISTED BY INSTRUCTOR:LOG ROLL FROM STOMACH TO BACK - ARMS AT SIDE
- TURTLE FLOAT
- CANNON BALL
- ONE ARM FRONT CRAWL - 1 BOARD (BIG CIRCLES WITH LEGS CONTINUOUSLY KICKING AT SURFACE)

STAGE TWO

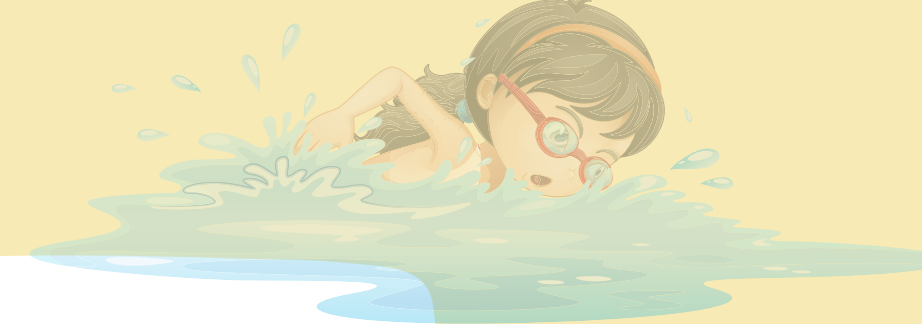
- ASSISTED BY INSTRUCTOR: ONE ARM FRONT CRAWL-IOM (INSTRUCTOR SUPPORTS LEAD ARM ON THE BREATH WHILE ENSURING EAR REMAINS ON ARM)
- FRONT CRAWL - 12M - 1 BOARD BREATHING WITH EAR ON ARM
- SIDE GLIDE & KICK-5M - NO EQUIPMENT
- FRONT CRAWL -12M - NO EQUIPMENT (SWIMMER MUST HAVE A GENERAL IDEA OF BREATHING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

STAGE THREE

- SIDE GLIDE AND KICK-8M (SWIMMER KEEPS EAR ON ARM)
- FRONT GLIDE AND KICK BLOWING BUBBLES FOR 5 SECONDS, INTO SIDE GLIDE AND KICK FOR 5 SECONDS - HEAD REMAINS HORIZONTAL ON THE BREATH
- FRONT CRAWL-25M
- BACKSTROKE-IOM
- TREADING- 20 SECONDS
- BACKSTROKE KICKS-5M SHOWING ABILITY TO ROTATE ONE SIDE TO THE OTHER (SHOULDERS OUT)
- FREESTYLE KICKS- 5M SHOWING ABILITY TO ROTATE FROM ONE SIDE TO THE OTHER WHILE KICKING (SHOULDERS AND HIPS OUT)
- LAYING ON STOMACH, GO FROM TURTLE FLOAT TO STREAMLINE FLOAT TO STARFISH FLOAT
- UNASSISTED LOG ROLL FROM BACK TO STOMACH WITH ARMS AT SIDE WHILE KICKING

INTRODUCTORY SKILLS

SEA STARS 6 - 12 YRS



STAGE FOUR

STAGE FIVE

STAGE SIX

- COMPLETE 50M NON STOP- 25M FRONT CRAWL INTO 25M BACKSTROKE
- FREESTYLE KICKS - 5M SHOWING ABILITY TO ROTATE FROM ONE SIDE TO THE OTHER - CONTINUOUS KICKING (SHOULDERS AND HIPS OUT)
- COMPLETE A SEQUENCE OF 4 WELL CO-ORDINATED BREASTSTROKE STROKES WITH PROPER TECHNIQUE
- KNEELING DIVE
- HEADFIRST SCULLING ON BACK - PULLBUOY BETWEEN LEGS SHOWING FEEL FOR WATER- NO DISTANCE REQUIRED
- BUTTERFLY KICKS WITH ARMS AT SIDE SHOWING UNDERSTANDING OF UNDULATION AND THE KICK- NO DISTANCE REQUIRED
- HANDSTAND IN HIP DEEP WATER - FACE FULLY SUBMERGED
- SINK UNDERWATER, PUSH OFF AND GLIDE- MINIMUM 2M BELOW SURFACE
- FLIP TURN - TWO KICK BOARDS (AWAY FROM WALL)

- COMPLETE 50M FRONT CRAWL NON-STOP
- BACKSTROKE KICKS- 5M SHOWING ABILITY TO ROTATE FROM ONE SIDE TO THE OTHER (GETTING SHOULDERS OUT)
- BREASTSTROKE-10M
- STANDING DIVE
- 6 BUTTERFLY KICKS - STREAMLINED POSITION
- 4 CONTINUOUS BUTTERFLY PULLS - PULL BUOY BETWEEN LEGS (ARMS MUST CLEAR WATER ON RECOVERY ENTERING FULLY EXTENDED IN FRONT SHOULDERS)
- FLOOR DIVES
- KICK INTO WALL, FACE IN WATER - ONE BOARD EACH HAND. PERFORM FLIP TURN AND PUSH OFF WALL - ARMS AT SIDE
- BACKSTROKE KICKS, HANDS AT SIDE ROTATING SIDE TO SIDE WHILE KEEPING THE HEAD STILL-15M

- COMPLETE 50M BACKSTROKE
- BREASTSTROKE-25M
- SWIM 5M FREESTYLE INTO WALL AND PERFORM A FLIP TURN ENSURING FEET MAKE IMPACT WITH 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 BREATH TIMING NOT NECESSARY)
- HANDSTAND IN DEEP WATER
- RELAYS



INTERMEDIATE SKILLS

SEA STARS 6 - 12 YEARS



STAGE SEVEN

STAGE EIGHT

STAGE NINE

- COMPLETE 75M NON STOP (MIX OF STROKES CAN BE USED)
- BUTTERFLY 12M SHOWING UNDERSTANDING OF STROKE'S TIMING AND UNDULATION
- SWIM 15M FRONT CRAWL INTO A FLIP TURN (AWAY FROM WALL)
- 20 SECONDS TREADING USING BREASTSTROKE KICKS
- PERFORM 25M - ANY SCULL
- FRONT CRAWL- 25M BILATERAL BREATHING (BOTH SIDES)
- 3M FRONT GLIDE AND KICK INTO TUCK TO ROTATE FROM FRONT TO BACK INTO BACKSTROKE KICKS IN A STREAMLINE FOR 3M(SCULLING ALLOWED WHEN ROTATING)
- PERFORM A BACKSTROKE START FROM THE BLOCK
- PUSH OFF AND GLIDE UNDERWATER FOR COUNT OF 3 WITH NO PART OF BODY BEING AT SURFACE

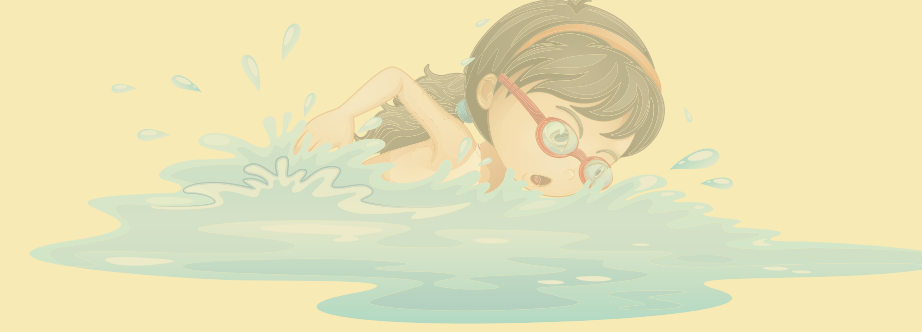
- COMPLETE 50M BREASTSTROKE NON STOP
- PERFORM A BREASTSTROKE PULL OUT
- SWIM 10M FRONT CRAWL AWAY FROM WALL INTO FLIP TURN AND FRONT CRAWL BACK TO WALL
- SWIM 25M FRONT CRAWL SHOWING AN UNDERSTANDING OF THE ROTATION, BODY POSITION AND ITS CO-ORDINATION
- SWIM 25M BACKSTROKE SHOWING AN UNDERSTANDING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

- FRONT CRAWL 50M PERFORMING A FLIP TURN AT THE 25M
- SWIM 25M BUTTERFLY SHOWING AN UNDERSTANDING OF THE TIMING, UNDULATION AND BODY POSITION
- SWIM 25M BREASTSTROKE WITH A PULLOUT SHOWING AN UNDERSTANDING OF THE TIMING, KICK AND BODY POSITION
- STANDING DIVE
- SWIM 100M INDIVIDUAL MEDLEY
- PUSH OFF UNDERWATER AND KICK 5M BUTTERFLY KICKS



ADVANCED SKILLS

SEA STARS 6 - 12 YEARS



STAGE TEN

- LIFESAVING BACKSTROKE-25M
- SIDESTROKE-25M
- SWIM 25M CLOTHED
- PERFORM REACHING RESCUE WITH A POLE, ARTICLE OF CLOTHING
- PERFORM THROWING RESCUE WITH A BOARD AND A ROPE
- TOUCH TURNS
- PERFORM A TOW USING LIFESAVING BACKSTROKE. PERSON BEING TOWED MAY ASSIST
- RECOVER OBJECT FROM DEEPEST POINT OF POOL
- TREAD WATER FOR ONE MINUTE AND A HALF USING BREASTSTROKE KICKS AND ANY FORM OF ARM MOVEMENT
- BASIC CPR AND FIRST AID

ADVANCED SKILLS



SEA STARS & TEEN/ADULTS PROGRESSION CHART

SEA STARS
6 TO 12 YRS

STAGE ONE

STAGES FOUR TO EIGHT

STAGE NINE

STAGE TEN

SEA STARS
6 TO 12 YRS

**COMPETITIVE
SWIMMING**

TEEN/ADULTS
13 YRS PLUS
STAGES 1 TO 9

STAGE ONE

STAGE FOUR

STAGE SIX

STAGE NINE

TEEN/ADULTS
13 YRS PLUS
STAGES 1 TO 9

**FLIGHT
ATTENDANT**

**CSEC
SWIMMING**

**MASTERS
/LIFESAVING**

