



## **Description, Objectives and Outcomes of Stages 1 – 5 and Stages 6-7 (Cubs)**

Academy pathway explained:

Our goal is to develop confident and competent swimmers. We strive to build a lifelong love for swimming and all aquatic sports. We do that by building skills and technique necessary to enjoy swimming and training in a team environment. We focus on individual needs and our classes have small teacher to swimmer ratio.

Our lower stages 1-4 are focused on fun, safety, enjoyment and aquatic breathing while teaching basic stroke technique in all strokes.

Our higher stages 5-7 are focused on developing competitive skills and technique to progress and succeed at competitive club level of swimming. Our number one priority is the quality of teaching.

Our progression pathway provides a framework and once swimmers achieve the outcomes, they progress to a higher class which enables them to accelerate their learning.

Descriptions of all Stages are below:

### **Stage 1**

This stage is for those who are new to swimming and being in the pool in general. Learning to move safely through the water, float using buoyancy aid, introduction to aquatic breathing (blowing air into water).

### **Stage 2**

This stage is for those who have some experience with being in the water but cannot swim by themselves/without an aid. Learning to float without aid, learning to kick, learning to fully submerge head under water. Learning to kick on front and back. Introduction to breaststroke kick.

### **Stage 3**

This stage is for those who are confident in the water and introduction of swimming strokes and skills. Learning to push and glide, jump in the water safely, tumble turn front and back. Introduction to sitting dive. Learning all strokes kick and arms. Introduction to breathing and timing.

### **Stage 4**

This stage is for those who have basic understanding of at least 3 strokes and are confident in a deep end. Swimmers should be able to swim 25m. Refining technique in all strokes. Focus on timing and breathing. Improve dives and tumble turns.



## **Stage 5**

This stage is for developing swimmers who can swim at least 25m.  
Introduction to swimming multiple widths and sets unaided.  
Practicing all 4 strokes.

## **Stage 6**

This stage is for advanced swimmers who can swim all 4 strokes for at least 25m.  
Introduction to lane swimming and lane discipline.  
The focus is on swimming 50m distance with correct technique in all 4 strokes, including start, turns, under water phase and finish.

## **Stage 7**

This stage is for swimmers who have passed Stage 6 but do not meet criteria of Bronze squad.  
Swimmers should be able to swim up to 50m in all strokes but perhaps not as fast or efficiently as those in Bronze squad.

Cubs additional coaching accelerates preparation in swimmers for joining Bronze squad.