

# Wenona Learn to Swim (LTS) Level Descriptions

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## Level Descriptions

### Aqua Babies Program

#### Sea Otters

*6 months to 18 months (approximate)*

*30 minutes*

The Sea Otters class is the first level of Wenona's Parent and Child Learn to Swim (LTS) lessons. Sea Otter classes focus on water awareness and water familiarity, whilst building your babies confidence in the water. Parent and child swimming lessons are a great bonding experience, where children can have fun in a safe water environment. During these classes, babies are introduced to a variety of skills including kicking, paddling, breath holding, bubbling, floating, and submersion. Safety skills are an important part of this class, and throughout the LTS program at Wenona. Parents or guardians are in the water with the babies, and there are a maximum of 8 students in this class.

#### Sea Lions

*18 months to 3 years (approximate)*

*30 minutes*

The Sea Lions class is for toddlers who have progressed from the Sea Otters class, or toddlers who are more confident and independent in the water. Classes continue to focus on water awareness, confidence, and water safety. Students begin to take guidance directly from the Instructor as they continue to learn the essential skills of holding their breath on cue for submersion, front and back floatation, safety sequences, and propulsion through the water by kicking and paddling. This is the final level where parents or guardians are in the water with students. When progressing to the Pre-School aged classes, students are ready and understand they are to take instruction solely from the Instructor. There is a maximum of 8 students in this class.

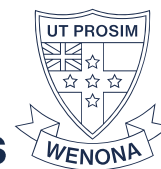
### Pre-School Aged LTS Program

#### Frog

*3 to 6 years (approximate)*

*30 minutes*

The Frog level is the first level in our Pre-School aged program. This level continues to build water familiarity, awareness, and confidence. A key focus in the Frog level is safety - front and back floatation, and the safety sequence of 'jump, float/turn, and recover'. Frogs improve their breath control and submersion skills by learning to retrieve objects from the bottom of the pool (assisted if necessary) and return to safety. Students further their breath control by learning to blow bubbles in the water and breathe to the front. In this level, students are introduced to pushing and gliding in a streamlined position and will learn to paddle and kick independently through the water with pop-up breathing along the way. The Instructor is in the water for these classes, and there is a maximum of 3 students per class.



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## **Turtle**

*3 to 6 years (approximate)*

*30 minutes*

The Turtle level is for students who have progressed from the Frog level and are ready to begin focusing on their streamline kicking and learning 'big arms'. Students in this level continue to build their water familiarity, awareness, and confidence. Students will initially use a kickboard for their front and back kicking, ensuring they have correct body and head position, whilst kicking with long legs. This skill will progress to streamlined kicking on their front and kicking with their arms by their side on their back. The introductory freestyle focus in this level is on completing 4 big straight arms with a neutral head position whilst maintaining continuous flutter kicking. Students will continue to refine their floats and the safety sequence 'jump, float/turn, and recover' without goggles. Additional water safety skills are taught in this level. The Instructor is in the water for these classes, and there is a maximum of 4 students per class.

## **Jellyfish**

*3 to 6 years (approximate)*

*30 minutes*

The Jellyfish level is for advanced Pre-School aged students who have sound technique in their floats, streamlines, 4 big arms, and kicking. In this level, the primary focus is on teaching students to swim technically sound freestyle with bilateral breathing to the side, and backstroke over a set distance. Breaststroke kick is introduced. Assisted kneeling dives are taught in this level, and water safety skills are reinforced throughout. The Instructor is in the water for these classes, and there is a maximum of 4 students per class.

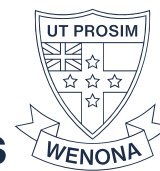
## **School Aged LTS Program**

### **Frog**

*5 to 11 years (approximate)*

*30 minutes*

The Frog level is the first level in our School Aged program. This level builds water familiarity, awareness, and confidence. A key focus in the Frog level is safety - front and back floatation, and the safety sequence of 'jump, float/turn, and recover'. Frogs improve their breath control and submersion skills by learning to retrieve objects from the bottom of the pool (assisted if necessary) and return to safety. Students further their breath control by learning to blow bubbles in the water and breathe to the front. In this level, students are introduced to pushing and gliding in a streamlined position and will learn to paddle and kick independently through the water with pop-up breathing along the way. The Instructor is in the water for these classes, and there is a maximum of 3 students per class.



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## **Stingray**

*5 to 11 years (approximate)*

*30 minutes*

The Stingray level is for students who have progressed from the Frog level and are ready to begin focusing on their streamline kicking and learning 'big arms'. Students in this level continue building their water familiarity, awareness, and confidence. The key focuses are streamlines, kicking, learning 4 arm freestyle with no breathing, and the safety sequence of 'jump, float/turn, and recover' without goggles. Students further their breath control skills by learning to blow bubbles and improve their submersion skills through retrieving objects from the bottom of the pool and returning to safety. Water safety skills are included throughout this level. The Instructor is in the water for these classes and there is a maximum of 4 students per class.

## **Penguin**

*5 to 11 years (approximate)*

*30 minutes*

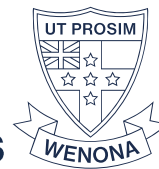
The Penguin level is for School-Aged students who are ready to learn fundamental swimming techniques. The primary focus of this level is the integration of air exchange/breathing with the freestyle arms learnt in the Stingray level. Students will initially use a kickboard when kicking on their front and back, ensuring they have the correct body and head position, with fast flutter kick. This skill will progress to streamlined kicking on their front and back, ensuring correct head, hand, hip, and kick position is maintained. Backstroke skills will be extended with correct arm timing and body positioning. Swimmers will be introduced to the basic movement of a breaststroke kick. Students continue to refine their water safety skills, while being introduced to some more advanced water safety skills. The Instructor is in the water for these classes, and there is a maximum of 4 students per class.

## **Swordfish**

*5 to 11 years (approximate)*

*30 minutes*

The Swordfish level is for School-Aged students who have strong technique in their streamlines, kicking, and a fundamental understanding of the skills involved in swimming. Students in this level learn freestyle with bilateral breathing and will refine their backstroke technique, both of which they complete over a set distance. Students continue to perfect their breaststroke kick, and breaststroke arms and timing are introduced. Dolphin kick, somersaults, and assisted kneeling dives are also taught in this level. There is a focus on technique and propulsion in all strokes and kicks. Water safety skills are reinforced throughout. The Instructor is in the water for these classes, and there is a maximum of 5 students per class.



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## **Dolphin**

*5 to 11 years (approximate)*

*30 minutes*

The Dolphin level is the final level of Wenona LTS and is for School-Aged students. Lessons are based on refining technique in freestyle and backstroke whilst developing the timing and coordination in both breaststroke and butterfly. These lessons are transitioning from teaching to coaching the students, with the Instructors conducting the lessons from both in and out of the water. Swimmers are taught the required turns and streamline skills in the four competitive strokes to enable them to transition into the 'Development squads' which is the next stage of the swimming program at Wenona. There is a maximum of 6 students per class.