



Wenona Learn to Swim (LTS)

Level Descriptions

Aqua Babies Program

Sea Otters

6 months to 2 years (approximate)

30 minutes

The Sea Otters class is the first introduction to Learn to Swim lessons at Wenona for babies and toddlers. Classes focus on water awareness and water familiarity, while building babies confidence in the water. Babies are familiarised with having water on their faces, before being taught to hold their breath on cue and submerge underwater when ready. In these classes babies are introduced to back floats and propulsion skills, such as kicking and paddling. Parents or guardians are in the water with the babies, and there are a maximum of 8 students in this class.

Sea Lions

2 years to 3 years (approximate)

30 minutes

The Sea Lions class is for toddlers who have progressed from the Sea Lions class, and who are more confident and independent in the water. Classes continue to focus on water awareness, water familiarity, and building confidence in the water. Students begin to take instruction from the Instructor in these classes, as they continue to learn the essential skills of holding their breath on cue for submersion, front and back floatation, and propulsion through the water by kicking and paddling. This is the final class that has parents or guardians in the water with students, and there are a maximum of 6 students in this class. When progressing from this class to the Pre-School aged classes, students are ready to take instruction solely from the Instructor.

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, and skills continue to focus on water familiarity, awareness, and confidence. A key focus in this level is front and back floatation, and the safety sequence of 'jump, float, and recover'. Students further their breath control skills by learning to blow bubbles in the water and improve their submersion skills by learning to retrieve objects from the bottom of the pool (assisted if necessary) and return to safety. 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. Water safety skills are integrated into this level. 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 streamlines and kicking. Students will initially use a kickboard for their front and back kicking, ensuring they have a correct body and head position, with long legs. This skill will progress to streamlined kicking on their front, and kicking with their arms by their side on their back. Students will continue to refine their floats and the safety sequence 'jump, float, and recover'. 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, and kicking. In this level, the primary focus is on teaching students to swim technically sound catchup freestyle and backstroke over a set distance. Breaststroke kick and dolphin kick are introduced, as students begin to understand the basic movements of the kicking action. Assisted kneeling dives and somersaults 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

Stingray

5 to 11 years (approximate)

30 minutes

The Stingray level is the first level of the Wenona LTS School Aged program. Students in this level have minimal exposure to formal swimming lessons and are still learning water familiarity, awareness, and confidence. A key focus in this level is front and back floatation, and the safety sequence of 'jump, float, and recover'. Students further their breath control skills by learning to blow bubbles in the water, and improve their submersion skills through retrieving objects from the bottom of the pool and returning to safety. In this level, students learn a streamlined push and glide, and are taught to paddle and kick independently through the water with pop-up breathing along the way. Water safety skills are integrated throughout this level. The Instructor is in the water for these classes and there is a maximum of 4 students per class.



Wenona Learn to Swim (LTS)

Penguin

5 to 11 years (approximate)

30 minutes

The Penguin level is for School-Aged students who are ready to learn fundamental techniques required for swimming, with the primary focus of this level being kicking. Students will initially use a kickboard when kicking on their front and back, ensuring they have the correct body and head position, with long legs. This skill will progress to streamlined kicking on their front and back. Students continue to refine their floats and the safety sequence 'jump, float, and recover', with other water safety skills continuing to be taught in this level. 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 sound technique in their streamlines and 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 learn breaststroke kick and dolphin kick, focusing on the technique and propulsion in both kicks. Assisted kneeling dives and somersaults 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 5 students per class.

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. Swimming lessons are transitioning from teaching to coaching the students, with the teachers running the lessons from both in and out of the water. Swimmers are taught the required skills in the four competitive strokes to enable them to transition into the 'Development squads' which is the next stage of the swimming program. There is a maximum of 5 students per class.