



Unley Swimming Centre

Learn To Swim

At the Unley Swimming Centre, our focus is on providing swimmers of all ages with the knowledge and skills necessary to be safe in and around the water.

Our Learn to Swim program has been developed by industry experts to provide a safe and enjoyable environment for all students to develop lifelong skills. With four main programs, our LTS program caters for swimmers from 6 months through to those that are young at heart.

PRESCHOOL PROGRAM – STAGE ONE

Designed for our littlest swimmers, our Stage One classes are aimed at developing the child's water familiarisation, build their confidence when in the water and to start the foundations of correct water safety.

Preschool classes are arranged by age and ability. The age categories listed are used as a guide as all children develop at different rates and children are introduced to lessons at different ages.

SCHOOL AGED PROGRAM – STAGES TWO, THREE AND FOUR

Catering for school aged swimmers, these classes are designed to develop the child's fundamental swimming techniques and introduce safety based skills to keep them safe in and around the water.

All of the School Aged classes are arranged by student ability, not age. Children develop at different rates and are introduced to lessons at different ages, so our team of qualified instructors assess new students prior enrollment to ensure correct level placement, giving the best opportunity to thrive.

TEENS PROGRAM

Our newly developed Teens Program has been designed for older school aged swimmers looking to develop their swimming abilities. This program is age based not ability, opening the classes for beginners starting out through to more advanced swimmers looking for technique assistance.

ADULT PROGRAM

The Adult program is designed for beginner swimmers 16 years and older, looking to start their swimming journey later in life.



STAGE ONE

LIL HERMITS (6 - 12 months)

Introduction to:

- water familiarisation
- water confidence
- foundations of water safety

LIL NIPPERS (12 months - 4 years)

Continued development of:

- water familiarisation and confidence

Introduction to:

- fundamental swimming skills
- in-water independence

LIL SHRIMPS (18 months - 4 years)

Continued progression in:

- water confidence
- foundations of water safety
- fundamental swimming skills
- in-water independence

LIL JELLIES (3 - 4 years)

Introduction to:

- deep water independence

Continued progression in:

- water safety skills
- fundamental swimming techniques

STAGE TWO

STARFISH

Introduction to:

- independent submersion and bubble blowing
- streamlined body positions (torpedoes)
- deep water entry with aid
- kicking with aid
- front and back floats with aid

Continued progression in:

- water safety skills



SQUID

Introduction to:

- torpedoes with arms
- deep water floats / entries without aids

Continued progression in:

- torpedoes with kicking
- front and back floats with aid
- water safety skills



SEAHORSE

Introduction to:

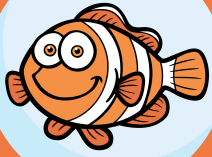
- freestyle arms with breathing using aid
- backstroke arms with board
- deep water freestyle / backstroke
- safety jumps and floats

Continued progression in:

- front and back floats with aid
- water safety skills



STAGE THREE



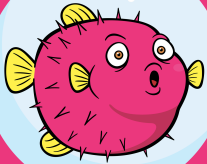
CLOWN FISH

Introduction to:

- bilateral breathing freestyle with & without board
- backstroke arms with & without board
- breaststroke kick
- survival backstroke and treading water

Continued progression in:

- freestyle and backstroke
- water safety skills



PUFFER FISH

Introduction to:

- breaststroke arms
- sidestroke

Continued progression in:

- bilateral freestyle and backstroke without board
- breaststroke kick
- survival backstroke, treading water and safety jumps
- increasing distances



TURTLE

Introduction to:

- butterfly (dolphin) kick
- freestyle and backstroke turns and dives

Continued progression in:

- full freestyle, backstroke and breaststroke
- survival strokes, treading water and safety jumps
- increasing distances



STAGE FOUR

DOLPHIN

Introduction to:

- butterfly arms
- underwater streamline with butterfly kick on front and back
- pace clock and pool etiquette
- deep water object retrieval

Continued progression in:

- full freestyle, backstroke, breaststroke and butterfly kick
- freestyle and backstroke turns and dives
- increasing distances

STINGRAY

Introduction to:

- breaststroke and butterfly turns
- underwater pull outs
- rescue tows

Continued progression in:

- full freestyle, backstroke, breaststroke and butterfly
- freestyle and backstroke turns and dives
- pace clock and pool etiquette
- increasing distances

SHARK

Introduction to:

- timed 50m swims (All strokes)
- IM and IM turns
- racing starts and turns

Continued progression in:

- increasing distances / decreasing times

