

Olympic Way Swimming Lessons Program Chart

Founded by George Gate of the Pointe-Claire Aquatic Centre

<p>WHITE <u>2-6 yrs 30 min Ratio 5-1</u></p> <ul style="list-style-type: none"> • Jump from the side with bubble on, unassisted • Swim 12 m) with bubble on <i>- forward arms, directional control</i> • Blow bubbles while swimming with bubble on • Swim 2m. unassisted, face in the water (no jump) • Back float with head assistance 	<p>YELLOW <u>2-6 yrs 30 min Ratio 6-1</u></p> <ul style="list-style-type: none"> • Jump in, unassisted • Demonstrate a front and a back glide <i>-Push off the wall, body at surface</i> • Swim 12 m (1 width) unassisted, no bubble, face in water • Front and back float unassisted (5 seconds) 	<p>GREEN <u>3-7 yrs 30 min Ratio 6-1</u></p> <ul style="list-style-type: none"> • Push off the wall, streamline with kick - 6 m (half width) • Swim Front Crawl- 12m <i>-Face in the water, arms out</i> • Endurance swim - 24 m • Back stroke kick – 12 m <i>- Head back, horizontal body position</i> • Rolling floats (front to back, back to front) • Retrieve item from bottom of pool 	<p>RED <u>5-13 yrs 30 min Ratio 7-1</u></p> <ul style="list-style-type: none"> • Submerged push off into streamline kick (front) • Front Crawl: 25 m <i>- steady body position, breathing to the side, full arm extension / finished pull.</i> • Backstroke: 12 m - <i>flat body position, straight arm recovery.</i> • Backstroke kick: 25 m <i>- horizontal body position, feet break the surface of the water.</i>
<p>BLUE <u>6-16 yrs 45 min Ratio 7-1</u></p> <ul style="list-style-type: none"> • Push off the wall streamline position (back) • Front Crawl: 50 m <i>- bilateral breathing, continuous arm movement, introduce bent arm recovery</i> • Backstroke: 25 m <i>continuous and alternating arms</i> • Breaststroke kick: 25 m <i>(2 widths)- proper turnout of feet, forward propulsion</i> 	<p>BRONZE <u>7-16 yrs 45 min Ratio 7-1</u></p> <ul style="list-style-type: none"> • Front Crawl: 50 metres <i>- proper catch, pull, finish</i> • Backstroke: 50 metres <i>- shoulder roll, steady kick</i> • Breaststroke: 50 metres <i>- coordination of pull-breathe-kick-glide</i> • Introduction to shallow dive 	<p>SILVER <u>8-16 yrs 45 min Ratio 7-1</u></p> <ul style="list-style-type: none"> • Front Crawl: 75 m • Backstroke: 75 m <i>- Underwater arm action with catch-pull-finish.</i> • Breaststroke: 50 m <i>-Proper arm mechanics and timing</i> • Butterfly kick: 50 m <i>- Legs together, full kick from hip</i> • Introduction to Butterfly arms • Introduction to flip turns 	<p>GOLD <u>9-16 yrs 45 min Ratio 7-1</u></p> <ul style="list-style-type: none"> • Front Crawl: 100 m • Backstroke: 100 metres • Breaststroke: 100 metres • Butterfly: 50 metres <i>- Proper arm mechanics and timing</i>