

Olympic Way Swimming Lessons Program Chart

Founded by George Gate of the Pointe-Claire Aquatic Centre

<p style="text-align: center;">WHITE</p> <p><u>2-7 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 - forward arms, directional control • Blow bubbles while swimming with bubble on • Swim 2m. unassisted, face in the water (no jump) • Back float with head assistance 	<p style="text-align: center;">YELLOW</p> <p><u>3-7 yrs 30 min Ratio 6-1</u></p> <ul style="list-style-type: none"> • Jump in, unassisted • Demonstrate a front and a back glide -Push off the wall, body at surface • Swim 12 m (1 width) unassisted, no bubble, face in water • Front and back float unassisted (5 seconds) 	<p style="text-align: center;">GREEN</p> <p><u>4-11 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 -Face in the water, arms out • Endurance swim - 24 m • Back stroke kick – 12 m - Head back, horizontal body position • Rolling floats (front to back, back to front) • Retrieve item from bottom of pool 	<p style="text-align: center;">RED</p> <p><u>5-15 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 - steady body position, breathing to the side, full arm extension / finished pull. • Backstroke: 12 m - flat body position, straight arm recovery. • Backstroke kick: 25 m - horizontal body position, feet break the surface of the water.
<p style="text-align: center;">BLUE</p> <p><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 - bilateral breathing, continuous arm movement, introduce bent arm recovery • Backstroke: 25 m continuous and alternating arms • Breaststroke kick: 25 m (2 widths)- proper turnout of feet, forward propulsion 	<p style="text-align: center;">BRONZE</p> <p><u>7-16 yrs 45 min Ratio 7-1</u></p> <ul style="list-style-type: none"> • Front Crawl: 50 metres - proper catch, pull, finish • Backstroke: 50 metres - shoulder roll, steady kick • Breaststroke: 50 metres - coordination of pull-breathe-kick-glide • Introduction to shallow dive 	<p style="text-align: center;">SILVER</p> <p><u>8-16 yrs 45 min Ratio 7-1</u></p> <ul style="list-style-type: none"> • Front Crawl: 75 m • Backstroke: 75 m - Underwater arm action with catch-pull-finish. • Breaststroke: 50 m -Proper arm mechanics and timing • Butterfly kick: 50 m - Legs together, full kick from hip • Introduction to Butterfly arms • Introduction to flip turns 	<p style="text-align: center;">GOLD</p> <p><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 - Proper arm mechanics and timing