

Level Information

Stroke and Fitness Development

- The program will encourage your child to continue swimming as a life skill, be that to swim competitive-ly, for health and fitness, taking part in school carnivals or other swimming opportunities.
- Must be able to swim 50m Freestyle, 50m Backstroke, 50m Breaststroke with correct technique
- Must be able to swim 25m Butterfly with correct technique
- 45 minute session twice a week on Tuesday and Thursday

In-Term Learn to Swim 2019			
Term	Start Date	End Date	Enrolments
Term 1 2019	4th February 2019	12th April 2019	21st January 2019
Term 2 2019	29th April 2019	30th May 2019	15th April 2019
Term 3 2019	26th August 2019	26th September 2019	12th August 2019
Term 4 2019	14th October 2019	19th December 2019	1st October 2019

Learn to Swim	Terms 1 & 4		Terms 2 & 3	
	Time	Monday - Friday	Monday and Wednesday or Tuesday and Thursday	Monday and Wednesday or Tuesday and Thursday
Junior Lifeguard Club 2.45pm—3.45pm	9.20 am - 11.35am	Tuesday and Thursday	Monday and Wednesday	Monday and Wednesday
		Saturday	N/A	N/A
Stroke and Fitness Development	Fitness Squad 3.50pm—4.50pm	Tuesday and Thursday	Tuesday and Thursday	Tuesday and Thursday



Broombeach Recreation
AND AQUATIC CENTRE

Swim

School



Ages 5 years and above

Broombeach Recreation & Aquatic Centre
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General Information.

The Broome Recreation and Aquatic Centre is a Royal Life Saving Society Western Australia Endorsed Swim School. The Swim and Survive program is a broad and balanced program teaching a range of skills and knowledge to develop swimming, water safety, survival and basic rescue skills. The program seeks to increase the swimming and water safety skills of all Australian children in order to prepare them for safe participation in aquatic activity and prevent drowning.

The lessons are 30-45 minutes in duration with ten lessons in a term. Terms 1 and 4 are ten week terms with children swimming once a week. Terms 2 and 3 are five week terms with children swimming twice a week.

The cost per term is \$150.00 per child which consists of ten lessons. This equates to \$15.00 per lesson.

If you are unsure of which level your child will participate in, please contact the Broome Recreation and Aquatic Centre to organise an assessment with the Swim School Coordinator.



Level Information

Learn to Swim 4 years +

<p>Stage 1</p> <ul style="list-style-type: none"> • Safely enter and exit the water • Exhale in the water—Face in • Open eyes underwater—identify object • Submerge waist deep minimum • Float or glide backward and recover • 30 minute duration 	<p>Stage 6</p> <ul style="list-style-type: none"> • Freestyle swim 50m—correct technique • Backstroke swim 25m—correct technique • Breaststroke swim 25m—correct technique • Demonstrate a dive entry—shoulder depth minimum requirement • 30 minute duration
<p>Stage 2</p> <ul style="list-style-type: none"> • Glide forward and kick 3m—horizontal body position, face in • Glide backward, kick and recover • Freestyle—swim 5m face submerged • Scull/tread water—basic hand and leg action • 30 minute duration 	<p>Stage 7</p> <ul style="list-style-type: none"> • Scull feet first on back—sculling hand action • Demonstrate eggbeater kick—alternate leg action • Swim 150m correct technique—backstroke 25m, breaststroke 50m, freestyle 50m, survival backstroke 25m • 45 minute session
<p>Stage 3</p> <ul style="list-style-type: none"> • Freestyle—swim 10m regular breathing • Glide backward and kick 5m—wasit deep minimum • Breaststroke leg action—swim 5m—on back with board • Demonstrate survival sculling on back • Demonstrate forward roll • 30 minute duration 	<p>Stage 8</p> <ul style="list-style-type: none"> • Sidestroke swim 25m—scissor kick required • Demonstrate dolphin kick—basic • Swim 200m correct technique—backstroke 50m, freestyle 50m, breaststroke 50m, sidestroke 25m, survival backstroke 25m • 45 minute session
<p>Stage 4</p> <ul style="list-style-type: none"> • Freestyle swim 15m—regular breathing • Backstroke—swim 10m—catch up acceptable • Survival backstroke—swim 10m below arm water recovery • Breaststroke—swim 5m basic—kick only • Scull head first on back—without leg action • Recover an object—chest deep minimum • 30 minute duration 	<p>Stage 9</p> <ul style="list-style-type: none"> • Butterfly swim 10m • Demonstrate tumble turn—basic • Swim 300m correct technique—freestyle 50m, backstroke 50m, freestyle 50m, survival backstroke 50m, breaststroke 50m, side stroke 50m • Basic principle of D.R.S.A.B.C.D. • 45 minute session
<p>Stage 5</p> <ul style="list-style-type: none"> • Freestyle swim 25m—correct technique • Backstroke swim 15m—correct technique • Survival backstroke swim 15m—symmetrical leg action • Breaststroke swim 15m—correct timing and technique • Demonstrate surface dive—shoulder deep minimum requirement • 30 minute duration 	<p>Junior lifeguard club</p> <ul style="list-style-type: none"> • Stages 10—15 • Students in this group will complete their higher level stages including Stage 15 (Bronze Star) • Students will learn basic Pool Lifeguard skills. • 45 minute session