



PRESCHOOL LTS PROGRAMME

| Level | Level Info | Entry Level Requirement | Exit Level Requirement |
|--|---|---|---|
| Preschool 1 Non-Confident beginner | <p>Age Range 3 – 4</p> <p>Lesson Time 20 min</p> <p>Instructor Ratio 1:2</p> | <p>Has no previous learn to swim experience.</p> <p>May be afraid of the water.</p> <p>Does not like water on the face.</p> <p>No confidence moving independently through the water.</p> <p>May not be cooperative within a class structure.</p> | <p>Safe entry and exit to and from the pool.</p> <p>Build co-operation and trust with the teacher.</p> <p>Moving independently through the water.</p> <p>Encourage the face into the water with good breath control.</p> <p>An assisted, relaxed front float.</p> <p>Development of an assisted, relaxed back float</p> |
| Preschool 2 Confident beginner | <p>Age Range 3 – 4</p> <p>Lesson Time 20 min</p> <p>Instructor Ratio 1:2</p> | <p>Be comfortable with water on the face and happy to put face in.</p> <p>Willing to co-operate within a class structure.</p> <p>Moving confidently through the water.</p> <p>Willing to try an assisted back float.</p> | <p>Safe entry and exit to and from the pool.</p> <p>Build co-operation and trust with the teacher.</p> <p>Fully submerge with relaxed breath control.</p> <p>Independent front float.</p> <p>Independent/assisted relaxed back float.</p> <p>Independent propulsion through the water.</p> |
| Preschool 3 Confident Stroker | <p>Age Range 3 – 4</p> <p>Lesson Time 20 min</p> <p>Instructor Ratio 1:3</p> | <p>Confidently submerge with good breath control</p> <p>Independent float on front</p> <p>Float on back independently or aided long legs with toes tapping</p> <p>happy on back, aided or unaided</p> <p>Independently propel through the water</p> | <p>Independent streamlined glide</p> <p>Independent streamlined kick</p> <p>Freestyle arms (6 kick switch)</p> <p>Independent back float</p> <p>Aided kick on back</p> <p>Beginner dolphin body action</p> <p>Beginner breaststroke float (Dead Frog)</p> <p>Kneeling dive</p> |
| Preschool 4 Master Stroker | <p>Age Range 3 – 4</p> <p>Lesson Time 20 min</p> <p>Instructor Ratio 1:3</p> | <p>Streamlined body position</p> <p>Independent streamlined kick on front</p> <p>Independent or aided kick on back</p> <p>Starting to use freestyle arms</p> <p>Beginner dolphin body action</p> <p>Beginner breaststroke float</p> | <p>Freestyle arms with breathing (10m)</p> <p>Backstroke arms (10m)</p> <p>Breaststroke float with push</p> <p>Dolphin body action (10m)</p> <p>Standing dive</p> <p>Swimming independently in deep water</p> |