

ADULT SWIM LEVELS DESCRIPTION AND PREREQUISITES

Skills Categories	Adult Swim 1: Absolute Beginner	Adult Swim 2: Basic Swim	Adult Swim 3: Intermediate Swim	Adult Swim 4: Stroke Mechanics	Adult Swim 5: Swim Training
Prerequisites - What you need before you register:					
	No prerequisite skill or experience	All skills with appropriate technique from Absolute Beginner level 1	All skills with appropriate technique from Basic Swim level 2	All skills with appropriate technique from Intermediate Swim level 3	All skills from Stroke Mechanics level 4 or good stroke mechanics and ability to swim continuously for 400m
What you will learn:					
					What you will do:
Rhythmic Breathing	Rhythmic breathing 15 times, to the front and side	Controlled rhythmic breathing 20 times, to the front and side	-	-	Not a learn to swim program. Class focuses on fitness, endurance and form, instructors provide workout plans and individual coaching tips. <u>Sample Workout:</u> Warm-up (500m) - 200m - any stroke - 2x50m - flutter kick - 2x50m - one-arm drill - 2x50m - free, ascend or descend in time Main (1.8km) - 3x - 3x100m - free, every 3min (3:00) - 2x100m - free, every 2min 45sec (2:45) - 1x100m - free, sprint Cool-down (200m) 100m - any stroke, relaxed swim 2x50m - any stroke, focus on distance per stroke
Floats	Front and back float 5 sec	-	-	-	
Glides	Front and back glide with flutter kick 3x10m Side glide with flutter kick 3x5m Rollover glide with flutter kick 3x10m Front glide/side glide combo 3x10m	-	-	-	
Swimming	Front swim 3x15m Back swim 3x15m	Front swim 3x25m Back swim 3x25m Elementary backstroke 2x10m	Front crawl 100m Back crawl 100m Elementary backstroke 50m Breaststroke 2x25m Side stroke 2x25m	Front crawl 200m Back crawl 200m Elementary backstroke 100m Breaststroke 100m Side stroke 50m	
Dolphin Kick Drills	-	-	Dolphin kick drills 3x15m	Dolphin kick drills 25m	
Distance Swim	Distance swim 30m	Distance swim 100m	Distance swim 300m	Distance swim 400m	
Surface Support	Treading in deep water 20 seconds	Treading in deep water 60 seconds	Treading in deep water support 3 minutes	-	



SPORT & REC