

PRE-SCHOOL

3 - 5 YEARS OLD

From the outset SwimMagic aims to have children as safe as possible in, on and around water. We focus almost solely on body position and kick exercises to speed up progress for our youngest swimmers.

If a child does find themselves in difficulty in the water, their ability to float and kick effectively will improve their chances of survival. Our lesson planning makes sure that swimmers are introduced to the right skills at the right time. Through high repetition of key skills, we are confident we will have your child swimming to the best of their ability in the shortest possible time.



PRE-SCHOOL LEVELS



NIPPERS

- Unassisted movement in water
- Independent submersion
- Assisted back and front float
- Water Safety – Assisted under water U-turn



FLIPPERS

- Independent front and back float
- Freestyle kick with board
- Backstroke kick with board
- Water Safety – Independent underwater U-turn



MOVERS

- Freestyle arms and kicking with board
- Backstroke kick arms by side
- Backstroke arms and kicking with board
- Water Safety – front to back rotation



CHAMPIONS

- Freestyle side kick with board
- Freestyle swim with board
- Backstroke swim arms by side
- Water Safety – swim non-stop



SUPER CHAMPIONS

- Freestyle swim B3
- Backstroke swim opposite arms
- Breaststroke kick with board
- Water Safety – swim non-stop