

SCHOOL AGE

5 YEARS +

The SwimMagic School Age programme is unparalleled. We have utilised the experience and knowledge of over 200 instructors to develop a consistent system that is being constantly improved and refined.

Doing the basics well produces the best results for our swimmers. Our programme is based on three key principals; a stable body position, a strong kick, and the longest possible stroke. The SwimMagic programme has thousands of swimmers each year coming out of the programme with great skills, and a love for the water that will stay with them for life.



SCHOOL AGE LEVELS



KICKERS

- Unassisted floating front and back
- Freestyle kick with board
- Backstroke kick with board
- Water Safety - Independent U-turn



PADDLERS

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



BREATHERS

- Freestyle side kick with board
- Freestyle swim with board
- Backstroke swim arms by side
- 20m Water Safety – swim non-stop



SWIMMERS

- Freestyle swim B3
- Backstroke swim opposite arms
- Breaststroke kick with board–shape
- 25m Water Safety – swim non-stop



DEVELOPMENT

- Freestyle swim opposite arms
- Breaststroke kick with board – propulsion
- Butterfly kick with board
- 50m Water Safety – swim non-stop