

Stroke Perfection Lessons

Our 'Stroke Perfection' Lessons vs 'Mini' Squads

How are we different?

- We keep instructors in the water with swimmers, right up to our junior squads.
- We are a 'Hands On' Stroke Correction Centre.
- We concentrate on the 'whole' stroke. Head and Body Position are key to effective swimming. Kicking is the 'Motor' of the stroke. 'Sculling' drills teaching children to move effortlessly through the water are taught from basic Learn to Swim to Squads.
- Instructors can correct stroke and stroke faults in children more effectively by being in the water and addressing faults immediately.
- We do 'Short Distance' lessons, until the stroke has been mastered in a particular stroke.
- We are striving for young swimmers to have the most effective swimming stroke, correcting faults that maybe hindering effective swimming.
- Our focus is on technique rather than long distances.
- Again, we don't use unnecessary 'aids' in lessons. Until swimmers are strong enough and effective in their strokes and introduced in advanced levels.
- Swimmers are taught more effectively when a 'progression' is taught.
- We conduct 'Swimming Assessments' with children regularly (every 8 weeks) to monitor their swimming progression.

What we don't do

- We do not teach all 4 strokes at once.
- We do not have large numbers of swimmers in a squad environment, with one coach, until swimmers are of an advanced level. Class numbers are kept small.
- We don't teach 'Bent Arm' recovery in Freestyle, until a 'Relaxed Arm' recovery is taught in advanced levels.
- We don't teach 'Bi-Lateral' breathing in Freestyle, until advanced levels.
- We don't teach lessons with aides.

What will they learn in lessons

N1

Swimmers are given a progression of drills starting with Freestyle and Backstroke. Breaststroke Kick is then introduced when Freestyle and Backstroke are mastered. 10 metre lessons are used.

N2

This is the 1st level we introduce 'side breathing' in Freestyle. We introduce blowing bubbles during this skill. Breaststroke kick is perfected. 12.5 meter lessons are used.

N3

When these skills are mastered, we introduce Breaststroke Arms and correct Timing in the Breaststroke 'Pull' and Butterfly kick. This is the 1st level that strokes mastered, swim in a 25metre lesson.

S4

Butterfly arms are the last skill to be taught. We do arms without breathing to help perfect the 'rhythm' of the stroke. We further advance all 4 strokes.

S5

Butterfly Breathing is introduced. Swimmers are swimming all 4 strokes effectively.

Dives, starts and tumble turns are taught throughout the program.



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