

Swimming and diving

Learn to swim and elementary stroke correction

There are five levels of graded ability in the learn to swim and stroke correction program.

STARFISH

30 minute class | Max four students

This course is a general introduction to water confidence and safety, working towards swimming 5 metres unaided on front and back.

AQUA DUCKS

30 minute class | Max five students

The main emphasis is correct body position, arm action and kick for freestyle and backstroke. Bilateral breathing, breaststroke kicking and the dolphin action are introduced.

SWORDFISH

30 minute class | Max seven students

All four competitive strokes continue to be developed, emphasising correct technique and building strength to progress to squad program. Two lessons per week are highly recommended.

GOLDFISH

30 minute class | Max four students

Goldfish work to develop skills in floats, torpedoes and straight leg kicking practice, as well as freestyle and backstroke arms.

SEA TURTLES

30 minute class | Max six students

Sea turtles will be able to swim continuously for 12.5 metres while demonstrating smooth technique in freestyle and backstroke. Breaststroke and butterfly are developed.

MARLINS

45 minute class | Target age 6-11

Limited places

Marlins need to be proficient in all four strokes over a 25 metre distance. This class introduces training in a squad format and puts a strong emphasis on technique development, dives, streamlining and tumble turns. Endurance sets are introduced. Two sessions a week are recommended for optimum progress.

Diving

Boys and girls from beginner to elite can dive on 1 metre and 3 metre springboards in a fun and safe environment. The competition program is flexible to deliver personal goal oriented outcomes for the individual athlete. The dry land program uses mats and a harness to teach aerial awareness.

Squad Program

The squad program consists of six graded ability levels, plus a specialty starts, turns and finishes session.

JUNIOR AND SENIOR CHALLENGE SQUADS

60 minute class

Junior Challenge | Target age 8-12

Senior Challenge | Target age 12+

Interval training sets in all four competitive strokes are used to develop speed and endurance. Graded lane space, use of a pace clock and a variety of drills help to improve racing skills and technique. Challenge squad swimmers work together in an enjoyable group environment.

SWIMFIT

60 minute class | Target age 13+

Swimfit is a non-competitive squad designed for swimmers who wish to maintain a healthy lifestyle while developing technique and endurance in all four strokes. Two sessions a week are recommended for optimum fitness benefits.

WHITE

90 minute class | Target age 9-13

Limited places

The white squad refines technique in all four strokes and develops competitive skills such as starts, turns, finishes and underwater strokes. Squad training disciplines, use of a pace clock, programs and training activities are encouraged. White squad swimmers must join the Abbotsleigh Swimming Club and commit to a minimum number of sessions per week. There are also dry land session requirements in this squad.

BLACK AND GOLD

1.5-2 hour sessions

Black Squad | Target age 13-17

Gold Squad | Target age 14+

This squad offers advanced training for swimmers in school (IGSA), state and national competitions. There are dry land session requirements in these squads. Black and Gold swimmers also learn about nutrition, race preparation and psychology, strength, flexibility, goal setting and reaching one's full potential. Selection into the Black and Gold squads is at the Head Coach's discretion. Consideration is given to how many sessions each swimmer takes per week, competitive experience and success.

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