

Elixir Swim School

Information for Swim School participants



Progression Levels & Class Sizes

Below are our progression levels and the class sizes to give you a better understanding of what is expected of your children before they advance to the next level:

Parents and baby class

PB1: 8 months – 18 months. 7 babies max, parents in pool

PB2: 18 months – 3 years. 7 babies max, parents in pool.

T: Transition. 2 students possibly parents in the water. They need to be independent of their parent/carer in the pool, happy to put their face in the water and lay on their back.

T1: 2 students max

- Independent torpedo eyes down, small fast kick, 2 metres
- Independent 4 big slow arms and eyes down (as big as possible- which might not be over the water)
- Independent back float 5-10 seconds
- Independent back kick, small fast legs, 3 metres
- Understands and can make an assisted bend star pencil.
- Can wiggly worm 1 metre
- Safe entry and exit
- Throw rescue
- Shout for help

T2: 3 students max

- Independent torpedo eyes down, small fast kick, 5 metres
- Independent 4 big slow arms, eyes down
- Superman breathing to the side- assisted
- Independent back float 10 seconds
- Independent back kick, small fast legs, 3 metres
- Understands backstroke arms, big and slow
- Can do bend star pencil with torpedo arms
- Can wiggly worm 2+ metres
- Safe entry and exit
- Throw and reach rescue
- Shout for help

Elixr Swim School

Information for Swim School participants

Progression Levels & Class Sizes



L1: 4 children max

- Back and front float confidently
- Streamline in a torpedo on front and back with small fast kicks 5m
- Freestyle 8+m, big slow arms, breathing to side every four arms
- Backstroke 8+m, arm timing one arm in one arm out.
- Breaststroke legs 5+m, bend star pencil
- Butterfly leg kick 3+m breathing every four kicks using head and bottom for movement
- Safe jump into deep water and recovery from pool
- Treading water 1min with kickboard for support
- Log roll independently
- Submerge independently and pick up an object
- Forward somersault assisted



L2: 4 children max

- Back and front float confidently
- Streamline in a torpedo on front and back with small fast kicks 12m
- Freestyle 12+m, big slow arms, breathing to side every four arms ear in water
- Backstroke 12+m, arm timing one arm in one arm out, entry little finger first.
- Breaststroke 5+m (bend star pencil) pull, breath, kick, glide
- Butterfly 5+m breathing only when needed, working on arm timing
- Treading water 1min
- Throw and reach rescue
- Submerge independently and pick up an object without goggles
- Forward somersault



L3: 4 children max

- Streamline in a torpedo on front and back with small fast kicks 25m
- Freestyle 25m, breathing to side every four arms ear in water
- Backstroke 25m, arm timing one arm in one arm out, entry little finger first.
- Breaststroke 12m, pull, breath, kick glide
- Butterfly 12m breathing only when needed, working on arm timing
- Treading water 2min
- Survival scull for 1min and swim for 1 min with flotation device which has been thrown to them
- Submerge independently and pick up an object without goggles
- Back somersault

Elixr Swim School

Information for Swim School participants



Progression Levels & Class Sizes

L4: 5 children max

- Freestyle 50m, bilateral breathing attempted tumble turns
- Backstroke 50m, arm timing one arm in one arm out, entry little finger first
- Breaststroke 25m, pull, breath, kick glide
- Butterfly 25m breathing only when needed good timing
- Understands a 2 handed and single handed finish and turn
- Treading water 2min one arm up in air
- Surface dive and swim underwater to search and recover object, with and without goggles

L5: 6 children max

- Streamline body position with kick for 25m
- 100m Freestyle, bilateral breathing with tumble turns
- 100m Backstroke with good timing
- 50m Breaststroke, pull, breath, kick, glide, timing
- 25m Butterfly kick on arm entry and exit
- Increased strength and endurance

L6: 6 children max

- Streamline body position with kick for 50m
- 200m Freestyle, bilateral breathing with tumble turns
- 200m Backstroke with good timing
- 100m Breaststroke, pull, breath, kick, glide, timing and turn
- 50m Butterfly kick on arm entry and exit with a turn
- Increased strength and endurance

Junior Squad is based on endurance and speed with the continuing of effective technique. Swimmers must have completed level six or equivalent to be able to enter. They run Friday nights 5.30-6.30pm and Saturday morning 8.30-9.30am.