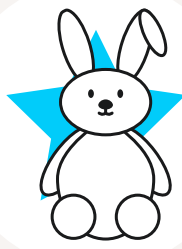


SWIM LEVELS

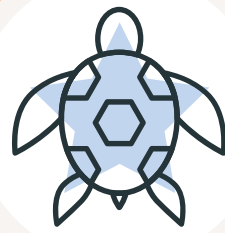
Parent - Child Water Discovery and Exploration



- Water familiarity
- Water confidence
- Self-rescue
- Breathing
- Basic swim skills

- Basic stroke skills
- Kicking
- Head/Body positioning
- Introduction to big arms

Turtles Water Acclimation, Movement and Stamina



- Development of coordination of kicking and arms
- Introduction to breathing to the side and BABA
- Refine freestyle and backstroke
- Learn correct timing, effective streamlining, and propulsion

Stingray Stroke Introduction and Development



- Perfect freestyle and backstroke through drills
- Introduction to Breast stroke and Butterfly
- Refine all 4 strokes
- Distance increased to build strength and stamina.
- Introduction to start and turns

Dolphins Stroke Development & Mechanics



- Heavily focused on technique work and drills with an element of distance to improve the swimmers' fitness

Jr Squad



- Regular competitions through school swim meets and Thailand Amateur Swimming Association (TASA) club meets
- Races on a regular basis

Bronze Squad



- Achieved Thai National Qualifying Times or are very close to them
- Competes on a regular basis

Silver Squad



- Compete at the highest level of International, TASA and their school teams
- Understanding of Energy Systems, Technique and Race Strategy

Gold Squad

