

## Freestyle and Backstroke Progressions

As you will have seen, if your child has progressed from yellow levels (1-4), our aim is always about technique and safety. Swimming is more efficient and easier when good habits are formed - when we get the technique correct from the very start. For example, head position: when swimming on their front we want a child to be looking directly down to the bottom – not forwards. If they look forwards, the top and back of their head rises slightly, increasing their weight (due to gravity) and helping their hips and legs to sink.

The same thing happens whenever any part of the body is too high or, in the case of freestyle and backstroke, when the arms come into the air. Because of this we aim to perfect all of the other components of freestyle and backstroke before we bring the arms into the air, these are: kick, alternating arms, catch and rotation.

The underwater components are where the propulsion comes from so these are our priority – the arm recovering over the water does not assist the propulsion and often, when the other components are not yet strong enough will make the child sink or lose their balance. Our Freestyle and Backstroke progressions through the levels are:

	Freestyle	Backstroke
L5	<p>Front Kick – knees underwater, long feet, not rigid straight legs but knees not bending too much. Head looking straight down with arms in front of head, sitting just behind the ears. (Streamlined hands are not necessary until approx. 7-8yo as the arms are not yet long enough to allow their head to fit.)</p> <p>Side Kick – one arm extended, head on arm rotated slightly to breathe (arm sits just behind ear), shoulder pointing to the ceiling and fast kick to hold the position across the pool.</p>	<p>Kick – knees staying underwater, feet long causing splashes.</p> <p>Head back so eyes are looking directly up, ears underwater, hips high in the water</p>
L6	<p>Arms Breakdown: - Arms swap at the same time (one starting by ear, one starting by side) - Catch down with hand by bending wrist (not fingers) - Body rolls side to side with arm change – which ever arm is by the ear, that is the side the roll goes to</p> <p>Maintain fast kick with all other components – kick should be 3x faster than arms.</p> <p>Breathing: Front Kick while blowing steady bubbles, and rolling to side to take a breath.</p>	<p>Arms Breakdown: - Arms swap at the same time (one starting by ear, one starting by side) - Catch to the side with hand by bending wrist (not fingers) - Body rolls side to side with arm change – which ever arm is by the ear - that is the side the roll goes to. Shoulder rolling up should just come into the air but not pass the chin (centre).</p> <p>Maintain fast kick with all other components – kick should be 3x faster than arms.</p>
L7	<p>Maintain the above down the length of the pool (12.5m), breathing to the side on every 4<sup>th</sup> stroke.</p>	<p>Maintain the above down the length of the pool (12.5m).</p>
L8	<p>Out of water recovery (while maintaining other components): - Back arm (higher shoulder) lifts up, elbow first and moves forward over the water (elbow pointing up and hand hanging) – when hand is by the ear the front arm begins the catch, pulls through and body rotates.</p> <p>Certificate achieved when the stroke can be maintained for 2 laps (25m).</p>	<p>Out of water recovery (while maintaining other components): - Arm by side (top arm) lifts up with a straight elbow - thumb first, arm rotates when perpendicular to the body and enters little finger first. Meanwhile, at the same time the arm by the ear (underwater) catches and completes an underwater pull. Body rolls during the change (ideally when the underwater pull is completing). A small pause between each stroke helps them to stay in time (arms start each stroke together).</p> <p>Certificate achieved when the stroke can be maintained for 2 laps (25m).</p>

## Did You Know?

At birth a child's head is one fourth of it's body length. An adult's head is only about one tenth of it's body length.

The child's arms and legs take up only a quarter of the total length of the body. An adult's arms and legs take up half the body length.

This means that effective arm and leg movements are difficult for a child before they have reached a stage of development which makes possible coordinated movements.

This is also why we don't teach kicking until level 5 or 5yo and why we stress head down, eyes down body position.

## Mobile Phones

Please remember to watch your child during their lessons, not your mobile phone. **Your child needs your full attention**, please let them know that they are more important than your phone by being present and watching their achievements.



## THANKYOU!

If you would like to give us any form of feedback please send an email or have a chat to Tabitha. We want to know your thoughts!

Thankyou to all who have referred their friends and family to us. This tells us that you are happy with our programme and lessons. Thankyou.

## Important Dates

**6th-25th September - Term 4 Deposits Due**

**25th September** - Final day of Term 3 2021

**1st October - Fee Structure Changes**

**4th October - Pool Closed (Public Holiday)**

**11th October** - Swimming Term 4 Starts

**29th Nov-4th Dec** - SwimSAFER Week

**11th December** - End Term 4

**Tues 21st December** - Last Day of Trade before Christmas Break

## Welcome!

We would like to welcome Ashleigh Sherriff who is currently doing her AustSwim training twice a week (Tuesday & Thursday afternoons).

Ashleigh is hoping to join our teaching team next term while she is also studying nursing.

## Join The Team

Have you ever considered teaching swimming? Passing on this lifesaving skill to the next generation?

Sue Pryor Swimming are currently looking for some more swimming teachers and aquarobics instructors to join our small team.

No experience necessary, we can point you in the right direction and discuss the requirements.

If you would like a little more information please have a look at the Job Opportunities page on our website - or come and have a chat to Tabitha.

## FEE SCHEDULE CHANGE as of 1st October 2021

We would like to thank you for being a valued customer of Sue Pryor Swimming. We strive to provide the highest quality in swimming lessons and other services and are dedicated to ensuring you and your child receive the best possible teaching and services.

As of Term 4, we will be implementing a small rate increase, in line with the increase in wages and services.

Group lessons will increase by \$0.50 per class.

For the families' second child there is a discount of \$1/lesson and for the third (fourth and fifth) child a discount of \$2/lesson.

We understand that the success of our business relies on meeting your needs by providing you and your children with the best possible service. We trust that you will understand the necessity for this and we look forward to a fantastic year ahead with you and your children.

Private Lessons, Pool Hire and Lap & Rehab swimming fees are also increasing.

### Swimming Lessons

Group Classes	10 wks	9 wks
1 <sup>st</sup> child .....	\$220 .....	\$198
2 <sup>nd</sup> child .....	\$210 .....	\$189
3 <sup>rd</sup> + child .....	\$200 .....	\$180
Holiday Lessons - \$22 each		

Private Lessons	each	10 wks	9 wks
½ hr (1:1) .....	\$60 .....	\$600 .....	\$540
½ hr Family (2:1) .....	\$80 .....	\$800 .....	\$720

### Aqua Fit (Aqarobics)

\$15 per 1 hour session

### Lap & Rehab Swimming

See Table Below

### Pool hire - for ½ hour

Maximum of 10 people..... \$35

### Voucher Swim (Family Swims)

Immediate family only..... \$10

## MONTHLY LAP & REHAB SWIMMING RATES as of 1st Oct 2021

Half Hour Sessions	1 Swim/week	2 Swims/week (5% discount)	3 Swims/week (10% discount)	1 Casual Swim
Standard	\$34 (\$8.50 x 4)	\$64	\$91	\$9
Concession	\$30 (\$7.50 x 4)	\$57	\$81	\$8

1 Hour Sessions	1 Swim/week	2 Swims/week (5% discount)	3 Swims/week (10% discount)	1 Casual Swim
Standard	\$68	\$128	\$182	\$18
Concession	\$60	\$114	\$162	\$16

# 2021

JANUARY						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

FEBRUARY						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

MARCH						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

APRIL						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MAY						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JUNE						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

JULY						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SEPTEMBER						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

OCTOBER						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

NOVEMBER						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

DECEMBER						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

	POOL CLOSED
	Holidays - Lessons Available

	Term 1
	Term 2

	Term 3
	Term 4