

KENT TOWN
Swim

www.kenttownswim.com.au
Telephone: 08 8334 1285

INFANT PROGRAM



AQUABABIES 1

- Water Familiarisation • Mobility skills
- Coordination skills



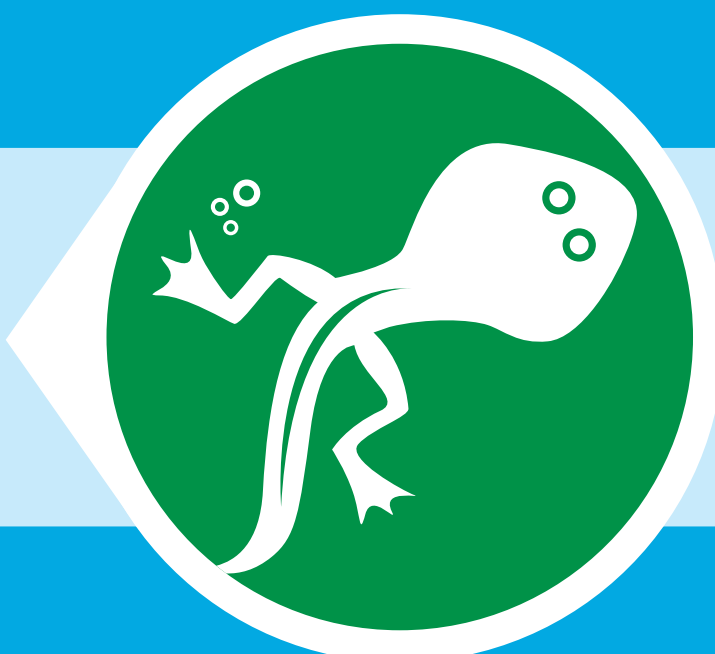
AQUABABIES 2

- Independence in the water • Submerging & breath control
- Kicking & paddling skills



TADPOLES

- Kicking with a board • Torpedo
- Kicking on back



STARFISH

- Water confidence • Kicking skills
- Deep water swimming skills



LEARN TO SWIM

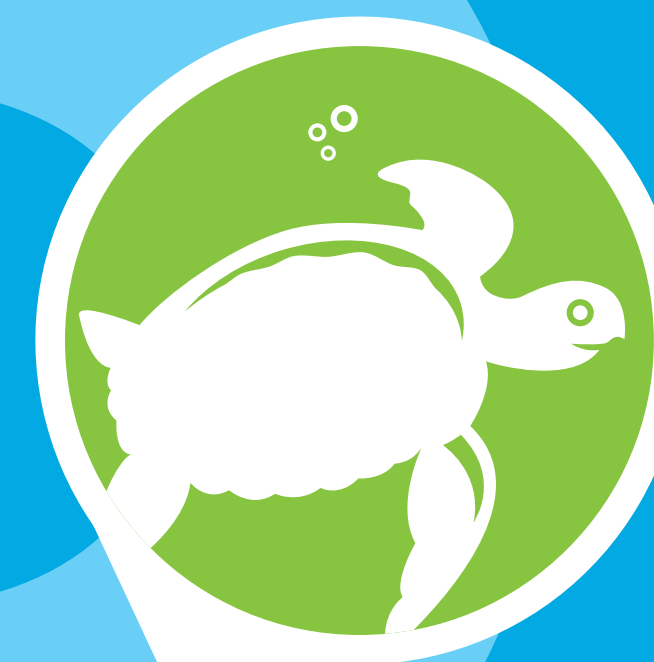
JELLYFISH

- Kicking on board • Torpedo
- Kicking on back



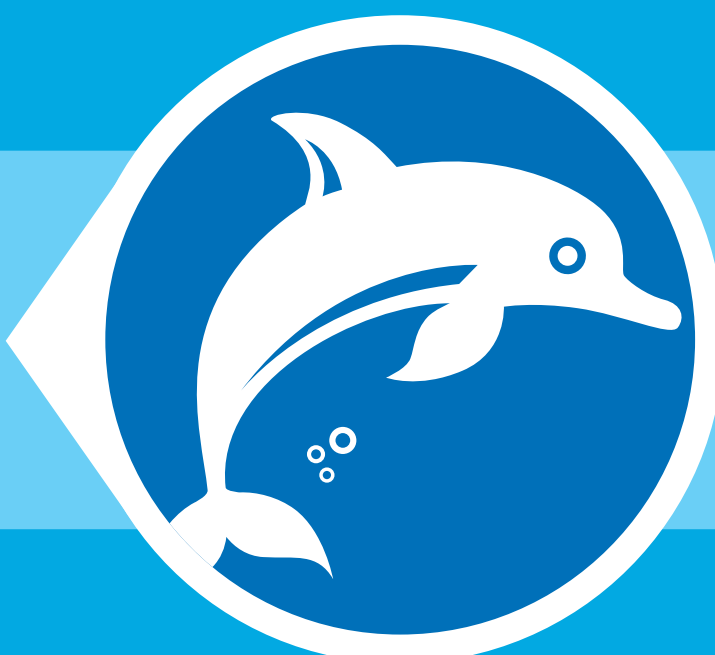
CLOWNFISH

- 5m Freestyle on board • 5m Backstroke on board
- Deep Water confidence



DOLPHINS

- 25m Freestyle • 25m Backstroke
- 12.5m Dolphin Kick • 12.5m Breaststroke Kick



SEA TURTLES

- 12.5m Freestyle • 12.5m Backstroke



main pool >>>

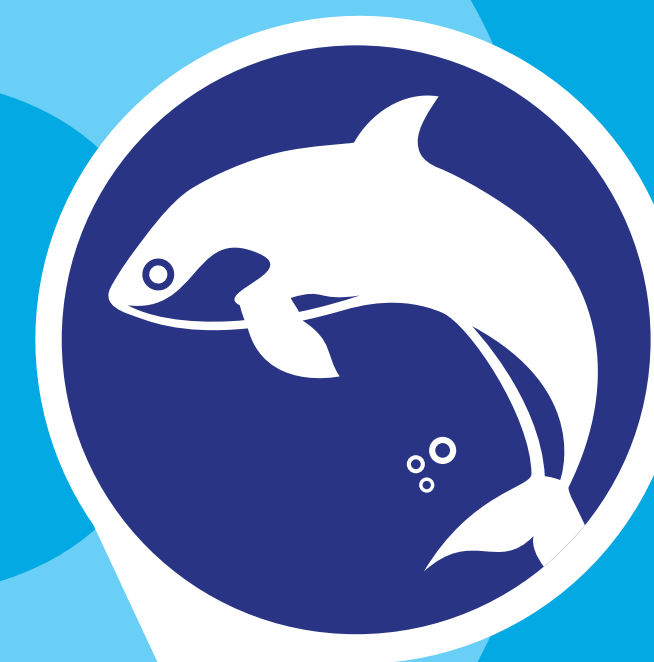
FROGS

- Tumbleturns and Dives • 50m Breaststroke
- 50m Dolphin Kick • 75m Freestyle & Backstroke



SEALS

- 100m Freestyle & Backstroke • 50m Breaststroke
- 2 x 12.5m Single Arm Butterfly



- Junior Squad • Development Squad • State Squad
- National Squad • Performance Squad • Fitness Squad

SQUAD PROGRAM

KILLER WHALES

- 200m Freestyle & Backstroke • 100m Breaststroke
- 50m Butterfly • Correct Dives Turns & 1 JX Time