5:1 STUDENT TO COACH

NERVOUS BEGINNERS

Course objective:
Build the confidence to Submerge, Float, Regulate breathing & Use different equipment

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LOCATIONS

SUN YAT SEN

KENNEDY TOWN

HOME VISITS

5:1
STUDENT
TO
COACH

BEGINNERS

REQUIREMENTS

ABLE TO FULLY SUBMERGE IN A FLOAT POSITION

Course objective:
Introduction to pull and kick technique
Introduction to float rotations
Swim 5 meters with rotational breathing

6:1 STUDENT TO COACH

FIRST STROKES

Course objective:
Learn to swim freestyle & Backstroke between distance of 8-15 meters

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REQUIREMENTS

ABLE TO KICK AND ROTATE TO BREATH OVER 8 METERS

8:1
STUDENT
TO
COACH

ADVANCED STROKES

Course objective:
Develop the fitness to swim distanced between 15 - 50 meters.
Develop all strokes

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REQUIREMENTS

SHOW CONSISTENT PROFICIENCY IN FREESTYLE AND BACKSTROKE