

## LTS Descriptions

### Babies, Toddler and Parents

#### **Pipi**

This is the first level in our Parent & Baby program. Pipi is for students aged between 6 months - 18 months. Class ratio is 1:7 and lessons are 30 minutes long. Students are introduced to the water in a safe and fun environment. In Pipi we cover Water familiarisation, confidence and learning through play.

#### **Kina**

Kina is the second level in the Parent & Baby program. This level is for students aged 18 months - 2.5 years. Class ratio is 1:7 and lessons are 30mins long. This level builds student independence in the water along with water familiarization and confidence. Students will also develop breathe control, assisted front and back float, assisted front kick with dog paddle.

#### **Paua**

This level is a transition level between the Parent & Baby program and Preschool Program. Students move into this level around 2.5 years of age providing they reach all Kina readiness goals. They will develop independent participation in lessons, submerge & retrieve object from bottom of LTS pool and will get an introduction to aided front and back float. The ratio of this level is 1:3 and lessons are 30mins long, parents can be in the water and will transition out over a period of time.

### Preschool Swimming

#### **Tadpole**

Tadpole is the first level in the preschool program. This level is for students aged between 3-5 years; in Tadpole we work on building the foundation skills for swimming and water safety. Class ratios are 1:4 and lessons are 30 mins long.

#### **Frog**

Frog is the second level in the Preschool Program. Students will move into this level once they have achieved all Tadpole skills. Frog students will be working toward movement and propulsion through the water, continuing to maintain their Tadpole skills and breath control with movement. This level is a 1:4 ratio and lessons are 30mins long.

#### **Turtle**

Turtle is the third and final level in the Preschool Program. To move into here, students need to be able to achieve all Tadpole and Frog skills. Turtle students are being introduced to basic freestyle and backstroke whilst still maintaining and revising their floating and kicking skills. Class ratio remains at 1:4 and lessons are 30mins long.

## School Age Swimming

### **Crayfish**

This is the first level in the School age program. This level is for students aged between 5-10 years; in Crayfish we work on building the foundation skills for swimming and water safety. Class ratios are 1:4 and lessons are 30 mins long.

### **Starfish**

Starfish is the second level in the School age Program. Students will move into this level once they have achieved all Crayfish skills. Starfish students will be working toward movement and propulsion through the water, continuing to maintain their Crayfish skills and breath control with movement. This level is a 1:4 ratio and lessons are 30mins long.

### **Eel Shallow**

Eel Shallow is the third and level in the school age Program. To move into here, students need to be able to achieve all Crayfish and Starfish skills. Eel Shallow students are being introduced to basic freestyle and backstroke whilst still maintaining and revising their floating and kicking skills. Class ratio remains at 1:4 and lessons are 30mins long.

### **Eel Deep**

Eel Deep students swim in the Hydrotherapy pool, they can achieve all Eel Shallow goals and are now ready to learn their Freestyle breathing position and develop their Freestyle and Backstroke in deeper water. Class ratio is 1:4 and lessons are 30mins long.

### **Snapper**

Snapper is for students age 10 years and over, they swim in the Main Pool and are developing all the skills across the first half of the School Age program from Floating and familiarization to Freestyle and Backstroke skills. Class ratio is 1:3 or 1:4 and lessons are 30 minutes long.

### **Gurnard**

Our Gurnard level swim in the Main Pool down the shallow half of the pool. Students need to be able to achieve all Eel deep goals to move into Gurnard. In this level students are introduced to the Main Pool, continuing to work on their Freestyle and Backstroke and beginning to develop a basic Breaststroke kick. Class ratio is 1:4 and lessons are 30 minutes long.

### **Dolphin**

Dolphin swim in the deep half of the Main Pool. These students can achieve all Gurnard goals and are ready to continuing developing their Breaststroke, now being introduced to Breaststroke pull and timing. Dolphin students continue to build their Freestyle with bilateral breathing and their backstroke, now in deep water. Class ratio is 1:5 and lessons are 30 minutes long.

### **Kingfish**

Our Kingfish level is the second highest level of the LTS program. To move into here, students need to be able to reach all Dolphin goals. Kingfish swim in full lengths, working toward achieving

50 meters for Freestyle, Backstroke and Breaststroke. Class ratio is 1:6 and lessons are 30 minutes long.

## **Shark**

Shark is the highest level in the LTS Program, to enter Shark students need to be able to achieve all Kingfish goals. Shark students will continue to build their stamina and distance in the pool, working toward 100 meters for Freestyle, Backstroke and Breaststroke. Class ratio is 1:6 and lessons are 30 minutes long.