

HOW TO CHOOSE THE RIGHT SWIMMING LESSONS...

Junior level / age 5 and over

JUNIOR 1

Children are not required to know how to swim.

However, they must be able to jump into the water up to their chest, float and recover on their front and back as well as swim 2 metres on their front.

JUNIOR 2

Children must have successfully completed Junior 1.

They must be able to put their head in water, float and recover on their front and back, swim with alternating flutter kicks, while gliding on their front and back, as well as swim 5 metres on their front.

JUNIOR 3

Children must have successfully completed Junior 2.

They must be able to breathe rhythmically 10 times, swim front crawl 5 metres, swim with alternating flutter kicks 5 metres on their back as well as swim continuously 10 metres.

JUNIOR 4

Children must have successfully completed Junior 3.

They must be able to breathe rhythmically 15 times, swim front crawl 10 metres, swim 10 metres on their back with alternating flutter kicks and swim 15 metres continuously.

JUNIOR 5

Children must have successfully completed Junior 4.

They must be able to swim front crawl 10 metres, breathing on their side, swim 15 metres on their back, bringing their arms above the water, as well as swim 25 metres continuously.

JUNIOR 6

Children must have successfully completed Junior 5.

They must be able to swim front and back crawl one lap, whip kick on their back, dive into the water and swim 50 metres continuously.

JUNIOR 7

Children must have successfully completed Junior 6.

They must be able to swim front and back crawl one lap, swim coordinated elementary backstroke, swim head first sculling 10 metres, perform a forward dive and swim 75 metres continuously.

JUNIOR 8

Children must have successfully completed Junior 7.

They must be able to swim front and back crawl 2 laps, swim coordinated elementary backstroke one lap, whip kick on their front 15 metres, scull on their front 15 metres, perform a stride jump and swim 150 metres continuously.

JUNIOR 9

Children must have successfully completed Junior 8.

They must be able to swim front and back crawl three laps, swim coordinated elementary backstroke and breaststroke one lap as well as swim 300 metres continuously.

JUNIOR 10

Children must have successfully completed Junior 9.

They must be able to swim front and back crawl four laps, swim coordinated elementary backstroke and breaststroke two laps as well as swim 400 metres continuously.