

## **Academy 2**

3x1 hours per week

Ratio 1:12 (1 lane)

Ages 7-10

- Can achieve all Academy 1 outcomes plus below
- Attend 85% of all sessions
- Attend competitions regularly (aged 9 upwards)
- Familiar with and can use all training equipment effectively (including goggles)
- Swim 4x50m of all four strokes with consistent good technique
- Hold stroke counts of; Front crawl 20, Backstroke 20, Breaststroke 18 Butterfly 18
- 12x50m Front Crawl @1.30
- Kick 8x50m on all four strokes with strong technique (Arms extended or streamlined)
- Sculling 4x25m head first on front
- Perform a 15m underwater kick in streamline position on front (start in water)