

Group	Standard Required	Skills to be Developed
<p>Otter Pups- Absolute beginners, Age 4+, deep end with armbands.</p>	<ul style="list-style-type: none"> ● 4 years of age 	<ul style="list-style-type: none"> ● Water confidence . ● Floating . ● Breathing Exercises - Blowing bubbles. Face in water. ● Exploration of movement in the water – fun activities ● Development of leg kick front and back. ● Introduction to Butterfly kick i.e swim like a mermaid/dolphin. ● Introduction to breaststroke leg kick – swim like a frog. ● Jump in from side – from sitting/standing - with help from a pool helper and then unaided.
<p>Otter 1: Advanced beginners, shallow end, no armbands.</p>	<ul style="list-style-type: none"> ● Can take instruction. ● Can swim on front and back. ● Comfortable swimming with face in the water. ● Good body position in the water. ● Able to jump in unaided with armbands. 	<ul style="list-style-type: none"> ● Push and glide practice. Pool side to regaining standing position. Pool floor to pool side. ● Introduce streamline position. ● Early submerging games – touch pool bottom, pick up pool objects from bottom, sit on pool floor. ● Early diving exercises i.e jumping from sitting/crouching/standing position in shallow end . ● Introduce jumping into deep water with the aid of a pool helper. ● Development of continuous alternating leg kick on front and back aiming for full body extension. ● Introduce backstroke arm action and front crawl arm action. ● Introduce breathing. Rotate from front to back. ● Development of breaststroke legs and dolphin legs. ● Introduce swimming on back and front in deep water.

<p><u>Otter 2:</u> <u>Improvers</u></p>	<ul style="list-style-type: none"> ● Can swim on back and front with a good leg kick technique. ● Demonstrate breaststroke and dolphin type kick ● At ease swimming in the deep end. 	<ul style="list-style-type: none"> ● Children will continue to develop and improve the skills introduced in otter one. ● Development of front stroke. ● Development of breathing. ● Continued practice in swimming in deep water. ● Rotation exercises i.e somersaults. ● Further submerging exercises. ● Further diving practices, jump at full stretch, star-jump tuck-jump. ● Development of breaststroke and dolphin kick.
<p><u>Otter 3:</u> <u>Advanced Improvers.</u></p>	<ul style="list-style-type: none"> ● Good style on both front crawl and backstroke arms and legs. ● A good grasp of both breaststroke and dolphin kick. 	<ul style="list-style-type: none"> ● Continued development of front crawl and backstroke. ● To introduce bilateral Breathing on front crawl. ● Development of breaststroke arms. ● Development of both breaststroke kick and arms together, with emphasis on timing and breathing. ● Development of forward somersaults. ● Development of diving skills. ● Introduction to swimming lengths (last 15 minutes of Friday class and every fourth Tuesday).
<p><u>Otter 4:</u> <u>Advanced</u></p>	<ul style="list-style-type: none"> ● Good style on both front crawl and backstroke over two widths. ● Good breast stroke kick and arms. ● Good style of dolphin kick. 	<ul style="list-style-type: none"> ● Development of backstroke and front crawl. ● Development of breaststroke with emphasis on timing of breath and glide. ● Development of dolphin kick and introduce arms and breathing. ● Development of forward somersaults – increase speed and introduce turns at the wall. ● Development of diving skills. ● Development of all strokes holding a good style over a number of widths.

Group	Standard required	Skills to be developed
<p>Otter 5 Elementary</p>	<ul style="list-style-type: none"> ● Good style on front crawl and backstroke over four widths. ● Good style on breaststroke on two widths. ● On Butterfly kick using arms to breath over 2 widths. 	<ul style="list-style-type: none"> ● Development of front crawl maintaining a good style and breathing. ● Development of backstroke. ● Development of breaststroke maintaining timing, breathing and glide. ● Development of streamline of the walls, using fly kick on front crawl, backstroke and butterfly. ● Introduction to all turns at the wall. ● Introduction to racing dive. ● Introduction to backstroke start.
<p>Length Beginners Wednesday and Friday evening in Blackrock College.</p>	<ul style="list-style-type: none"> ● Good technique over 25m in both frontcrawl and backstroke. ● Good technique on breaststroke. ● Good Dolphin kick and using arms to breath. 	<ul style="list-style-type: none"> ● To continue to develop all skills that they've learned in level 5 but they will now swim lengths twice a week. ● Development of turns. ● Development of racing dive. ● Development of backstroke start.
<p>Lengths Intermediate Tuesday evening in Newpark and Sunday morning in Blackrock College.</p>	<ul style="list-style-type: none"> ● This group is for older children who missed out on lessons during the pandemic. 	<ul style="list-style-type: none"> ● They will receive stroke technique on all 4 strokes. ● They will learn how to dive and how to do turns. ● They will improve their stamina while maintaining good technique.

We would hope that the length beginners and length intermediate will be able to join Otter 6-9 once they have built up their swimming stamina while keeping a good technique in all strokes.

**Otter 6
Swimming Club**

- Good technique over fifty meters in both front crawl and backstroke using appropriate turns.
- Good technique on breaststroke.
- Able to swim full butterfly.

- Develop of front crawl, backstroke and breaststroke up to two hundred meters with emphasis on swimming with good technique.
- Development of streamline of wall.
- Development of full stroke butterfly.
- Development of all turns.
- Introduction to IM.
- Development of racing dive.
- Development of backstroke start.

Otter 6a

- Good technique in all strokes.
- Good starts, turns and legal finishes.

- Continue with all skills introduced in Otter 6 with emphasis on holding good technique over a slightly longer distance.
- Introduce new skills and drills to continue to improve style and technique.

Otter 7:

This group is for our older children. They will continue to do drills and learn new skills that will improve their swimming style. Some sessions will concentrate on drills, technique, turns and dives. Other sessions will work on their stamina and fitness by doing longer and harder workouts. All of our sessions should challenge our swimmers but we strive to maintain the enjoyment and love of swimming at every session. Throughout the year we will hold time trials so that each swimmer can see their personal improvement.

Young Masters: (6th Years)

This is a new group where we really hope to retain our swimmers. We want our sixth years to continue swimming for their overall health and wellbeing while they study for their leaving cert. We find that this is an age group where there is a drop-off this group is here to retain our swimmers as swimming is a sport for life!

Masters: (18 years +)

At Otter we have an active masters club, and we are always looking for new members. Sessions will include stroke technique and stamina workouts to improve your overall fitness.