



SEALS

Basic Skill development Group.

- This Group start at the fundamental stage
- Taking a long term approach to swimmer development and give them the preparation and tools they will need to make swimming a lifetime activity.

The focus is almost entirely on teaching fundamentals and developing basic motor learning skill, balance coordination in the water.

- A Swimmer will have a basic knowledge of all strokes ,starts in all strokes , with an ability to swim one length with improvement technique, breathing
- Must spend a one year in Seals.

Criteria for Movement within this group to Minnows

- Starts Basic Skills
- Turns Basic Skills
- All Strokes Basic Skills
- Tread Water for four minutes
- Attention during sessions in pool
- Good Time Keeping
- Good Attendance during each term
- Technique involved in all four strokes

Swimmers will have a two one hour sessions each week, minimum attendance in this group will be one hour per week.