

TEAM TERRA

Level	Aim	Structure	Skills to Graduate
1. Starfish 	Promote water confidence & safety, teach children to recover and breathe. Float on their front and back.	15min 1 on 1 lesson	Be comfortable floating on the back and front Mushroom float while performing 2 turns each side Submerge comfortably Push and glide maintaining correct body position, face in the water, Jump in and run back to the wall un-aided
2. Guppy 	Teach children to streamline, float, jump in, submerge and pick up sinking toys. Swim overarm and to kick on their backs.	15min 1 on 1 lesson	Streamline Swim 5m overarm without breathing, head down and still Kick on the back unaided for 5m Bubble and breathe Fetch a toy from the swimming pool floor "Run" in the water un-aided
3. Seal 	Teach the correct breathing technique for Freestyle and teach Backstroke. Introduce Breaststroke and the basic dive.	30min group class	Swim 15m Freestyle, with good technique and bi-lateral breathing Swim 15m Backstroke, with good technique 15m Breaststroke kick with good technique and basic arm co-ordination Crouch Dive from poolside
4. Dolphin 	Introduce butterfly and improve endurance and technique in freestyle and backstroke. Develop breaststroke to a complete stroke. Introduce somersaults and basic drills.	30min group class	Swim 50m Freestyle with good technique Swim 50m Backstroke with good technique 25m Breaststroke with correct co-ordination 25m Fly kick with basic arm co-ordination Perform a forward & backward somersault in the water Perform a basic dive
5. Marlin 	Improve endurance in the 4 competitive strokes. Teach the correct turns for strokes and IM. Introduce the pace clock and the Racing Dive.	30min group class	100m Freestyle with good technique under 2min15sec 100m Backstroke with good technique under 2min30sec 50m Breaststroke with good technique under 1min30sec 25m Butterfly with good technique under 40sec 100m IM under 3min Perform the correct turns for Backstroke, Breaststroke & Freestyle
6. Shark 	Further improve endurance in the four competitive strokes. At this stage swimmers are encouraged to register with the club and take part in galas. We recommend swimming minimum 3 times/week.	45min Squad 3 sessions/week (recommended)	Swim 100m Freestyle with tumble turns in under 1min45sec Swim 100m Backstroke with tumble turns in under 2 mins Swim 50m Breaststroke with a turn in under 1min Swim 25m Butterfly in under 20 secs Swim 100m Individual Medley under 2min Perform a good racing dive with 10m streamline undulation
7. Barracuda 	Improve speed and endurance in the four competitive strokes for competition. Work on refining racing starts and developing training techniques.	1hr Squad 4 sessions/week (recommended)	Swim 100m Freestyle in under 1min20sec Swim 100m Backstroke in under 1min30sec Swim 100m Breaststroke with a turn in under 1min50sec Swim 50m Butterfly with a turn in under 40 secs Swim 200 Individual Medley under 3mins 30 secs
8. Terranator 	Continue to develop competitive level swimmers by including land training and a minimum of 5 sessions/week.	1hr+ Squad 6 sessions/week including Strength & Conditioning	These swimmers receive a black team cap and must; Swim a minimum of 5 times/week Show promise and dedication

Contact us on 079 304 8189 or email info@theteamterra.com to book your **FREE ASSESSMENT**

Or

Register for classes online at www.theteamterra.com