

Lane Expectations/Goals

Lane 1	Lane 2	Lane 3	Lane 4
<p>This is the entry lane to the swim club.</p> <p>The main goal of this lane is for swimmers to gain confidence in swimming in a bigger pool environment.</p> <p>Swimmers should be swimming 50m comfortably in Freestyle/Backstroke and 25m Breaststroke before moving up.</p>	<p>Swimmers are confident at swimming freestyle, backstroke, breaststroke.</p> <p>Emphasis on improving technique at this level.</p> <p>Swimmers should be swimming 50m confidently in the 3 main strokes before moving up.</p> <p>Introduction to Butterfly arms and butterfly kick separately.</p> <p>Introduction to tumble turns for freestyle and two handed touch.</p> <p>Understanding midline.</p> <p>Improved breathing technique when doing freestyle e,.g not looking at the ceiling when breathing.</p>	<p>Swimmers are confident at swimming freestyle, backstroke, breaststroke and are working towards swimming 25m butterfly.</p> <p>Emphasis on improving technique at this level.</p> <p>Swimmers should be swimming 100m confidently in the 3 main strokes before moving up.</p> <p>Putting butterfly kick and arms together to complete 25m</p> <p>More emphasis on tumble turns, race starts, backstroke starts and turns and breaststroke turns, building on lane 2</p> <p>Introduction to DPS</p> <p>Intro to 100m Medley</p>	<p>Swimmers are confident at swimming freestyle, backstroke, breaststroke and are working towards swimming 50m butterfly.</p> <p>More emphasis on technique at this level building on lane 3</p> <p>Swimmers should be swimming 200m confidently freestyle and backstroke.</p> <p>Breaststroke 100m</p> <p>Butterfly 50m</p> <p>Improving DPS</p> <p>Perfecting tumble turns, race starts, backstroke starts and turns and breaststroke turns</p> <p>200m Medley</p>
Key Stroke Achievement	Key Stroke Achievement	Key Stroke Achievement	Key Stroke Achievement
Freestyle	Freestyle	Freestyle	Freestyle
<ul style="list-style-type: none"> Breathing Technique Looking down 50m 	<ul style="list-style-type: none"> Intro to Streamline Rolling to side not completely over to breathe 50m 	<ul style="list-style-type: none"> Correct Streamlines 100m 	<ul style="list-style-type: none"> Correct Streamlines 200m
Backstroke	Backstroke	Backstroke	Backstroke
<ul style="list-style-type: none"> Head Position Correct kick 50m 	<ul style="list-style-type: none"> Intro to Streamlines 50m 	<ul style="list-style-type: none"> Correct Streamlines 100m 	<ul style="list-style-type: none"> Correct Streamlines 200m
Breast Stroke	Breast Stroke	Breast Stroke	Breast Stroke

<ul style="list-style-type: none"> • Correct kick 	<ul style="list-style-type: none"> • Improved Kick 	<ul style="list-style-type: none"> • Intro to Pullouts 	<ul style="list-style-type: none"> • Correct Pullouts
<ul style="list-style-type: none"> • Correct timing 	<ul style="list-style-type: none"> • Improved Timing/Glide 	<ul style="list-style-type: none"> • 50m 	<ul style="list-style-type: none"> • 100m
<ul style="list-style-type: none"> • 25m 	<ul style="list-style-type: none"> • 25m 		
Butterfly	Butterfly	Butterfly	Butterfly
<ul style="list-style-type: none"> • Intro 	<ul style="list-style-type: none"> • Intro Butterfly Arms 	<ul style="list-style-type: none"> • Timing & Technique 	<ul style="list-style-type: none"> • Technique
<ul style="list-style-type: none"> • Basic Butterfly kick/Dolphin Kick 	<ul style="list-style-type: none"> • Intro Butterfly Legs/Dolphin Kick 	<ul style="list-style-type: none"> • 25m 	<ul style="list-style-type: none"> • 50m
<ul style="list-style-type: none"> • 12m 	<ul style="list-style-type: none"> • 25m 		
Diving	Diving	Diving	Diving
<ul style="list-style-type: none"> • Diving off the side of the pool 	<ul style="list-style-type: none"> • Diving of the Board - Beginner 	<ul style="list-style-type: none"> • Diving of the Board - Intermediate 	<ul style="list-style-type: none"> • Diving of the Board - Advanced
Other	Other	Other	Other
<ul style="list-style-type: none"> • Streamline body position, pushing off the wall 	<ul style="list-style-type: none"> • Introducing Tumble Turns • Backstroke starts 	<ul style="list-style-type: none"> • Perfecting Tumble Turns • Perfecting Backstroke Starts • Race Starts • Two handed touch • 100 IM 	<ul style="list-style-type: none"> • Perfecting Tumble Turns • Perfecting Backstroke Starts • Race Starts • Two handed touch • 200IM