

# Ocean Fitness Swimmer Scheme



There are Lessons to suit all ages and levels of ability at Ocean Fitness

## 1 ARCTIC OCEAN SWIMMER (BEGINNER)

- Introduction to water safety
- Developing confidence in the water
- Floating on the front and back with the use of aids
- Floating on the front independently



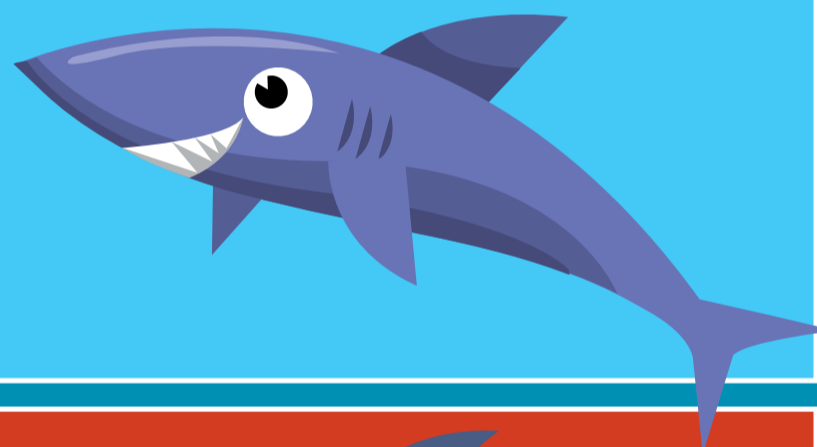
## 2 SOUTHERN OCEAN SWIMMER (IMPROVER)

- Streamlined floating without the use of aids
- Learning the front crawl arm action
- Swimming one half width front crawl
- Kicking on the back with floats
- Pushing and gliding on front and back with floats
- Picking up objects from the pool floor



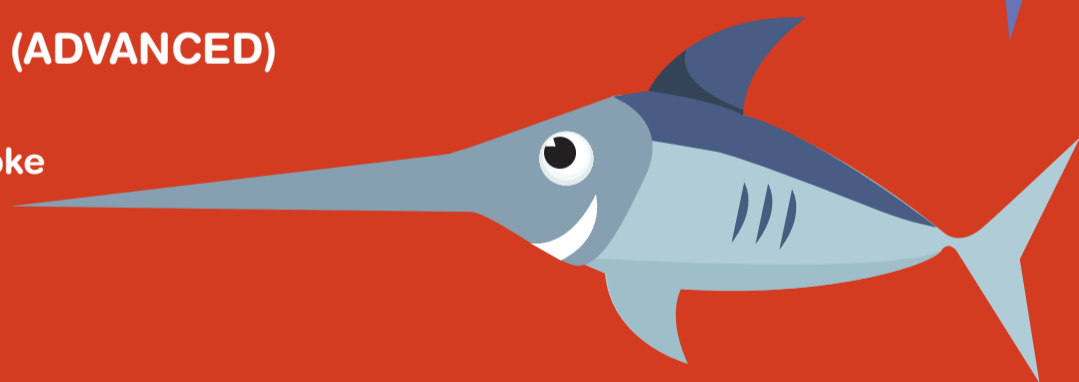
## 3 INDIAN OCEAN SWIMMER (INTERMEDIATE)

- Swimming one half length front crawl
- Learning the backstroke arm action
- Swimming one half width backstroke
- Learning breaststroke leg and arm action
- Learning basic jumps and deep water orientation



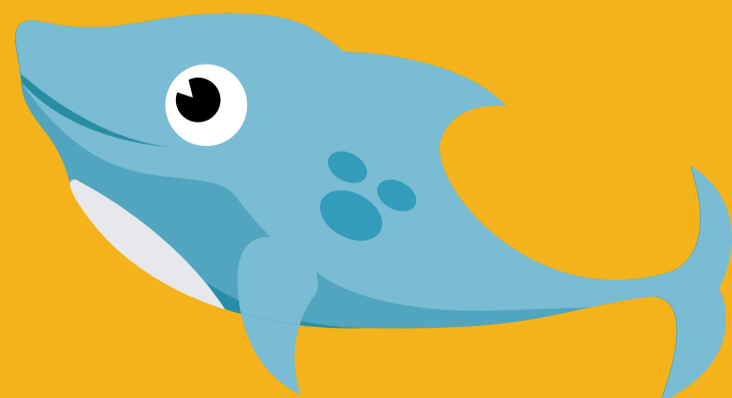
## 4 ATLANTIC OCEAN SWIMMER (ADVANCED)

- Swimming one length front crawl
- Swimming one half length backstroke
- Swimming one width breaststroke
- Learning the butterfly kick
- Treading and sculling the water
- Developing diving skills



## 5 PACIFIC OCEAN SWIMMER (PRE-CLUB)

- Proficient front crawl and backstroke swimming
- Advanced breaststroke technique
- Butterfly arm action and body position
- Tumble turns
- Competition turns and starts
- Introduction to lifesaving techniques
- Lane swimming



Call: 091 548888 Web: [www.oceanfitness.ie](http://www.oceanfitness.ie)  
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