

Elementary Swimming

2015/2016

CURRICULUM SWIMMING



Some Grade 1 and 2 demonstrating freestyle and buoyancy.

Welcome to swimming...

AGHHH...SWIM FOR YOUR LIFE!

The swimming teachers of the PE department are looking forward to once again teaching all the elementary age groups for the whole year.

For the PreK to KG2 classes, the instructors will be Mr. Hamilton, Mr. Rey and Mr. Rocky.

All the Grade 1 to Grade 5 classes will be attending swimming sessions in pairs and therefore two PE teachers will be joining the usual 3 swimming instructors.

For those new to the school, the **program** is made up of seven levels which relate to all ability groups. It is based on submersion, buoyancy and technique.

Essentials

Plain blue swimming trunks/ costume
Swimming cap
Towel
Goggles (optional)
Slippers (optional)

Swimmers should ensure they have blue costumes & hats which can be purchased at the school PTA shop or any sports shop.

All pupils are required to attend all lessons and if they are unable to swim for any reason, they must provide a note from home.

Levels

Starfish
Seahorse
Seal
Barracuda
Swordfish
Dolphin
Shark

For those swimmers who would like to join the GWA swim team which train all year, there are trials in September. For those swimmers which would like extra swimming lessons, these can be provided by as part of an ASA. Please contact the Activities Coordinator about ASAs.

For further information regarding swimming feel free to contact

Martin Hamilton
(m.hamilton_ova@emsedu.com)

VISIT OUR NEW SCHOOL SWIMMING WEBSITE
STROKEBYSTROKESWIMMING.COM

