

Group Lesson Structure

Stingrays offers the following group lessons for children from 2 years of age -

- BabyRays (2-3 year olds)
- Learn-to-Swim Program (Level 1 - Level 8)
- Junior Competition Squad
- Competition Squad

Adult stroke improvers and masters classes are also offered for intermediate to advanced swimmers.

Panaga Stingrays Swimming Levels

Learn-To-Swim Level 1:

Prerequisite: children must be 3 years of age, parents of may be requested to be in the water with their child, until they are comfortable with the coach.

Lesson Summary:

Swimming Development:

1. Enter the pool safely over the pool edge
2. Exit the pool safely over the pool edge
3. Exhale/Blow bubbles in water, face in
4. Push & glide on back and recover to standing - over steps
5. Push & glide on front and recover to standing - over steps
6. 2-3m torpedo kick no kick board
7. 5m freestyle kick with a kickboard, face in the water
8. 5m backstroke kick holding kick board on chest
9. Glide into the water from poolside with rocket arms

Safety Survival:

1. Monkey along the edge of the pool to a safe exit point.
2. Enter the water with a step or jump entry, turn around and swim back to poolside
3. Open eyes under water and identify an object with or without goggles
4. Float on back with a kickboard for 10-15 seconds
5. Starfish float on back - 5 seconds without kickboard
6. Starfish float on front - 3 seconds without kickboard
7. Submerge and retrieve an object from underwater
8. Front to back roll over with assistance if required
9. Back to Front roll over with assistance if required

Progression to Next Level: demonstrate the above Swimming Development skills comfortably and with confidence. Safety Survival skills are required learning goals, but will not prevent progression.

Panaga Stingrays Swimming Levels

Learn-To-Swim Level 2:

Prerequisite: demonstrate the skills for Level 1 comfortably and with confidence.

Lesson Summary:

Swimming Development:

1. Enter & exit the pool safely over the pool edge
2. Bobbing with air exchange - completely submerge, blow out bubbles, remerge to breath before submerging again. Minimum of 3 exchanges.
3. Push & glide on back and recover to upright position, glide back to pool side
4. Push & glide on front and recover to upright position, glide back to pool side
5. 5m torpedo kick no kickboard, face in the water
6. 5m freestyle, no kickboard, face in the water and big arms
7. 10m freestyle with kickboard, side breathing exhaling in water - 4 arms
8. 3m backstroke kick, arms by side no board
9. 5m backstroke kick, kick board on knees
10. Sitting Dive - gliding into the water

Safety Survival:

1. Enter the water with a step or jump entry, turn around and swim back to poolside
2. Open eyes under water and identify an object without goggles
3. Float on back with a kickboard for 15-20 seconds
4. Starfish float on back - 5 seconds without kickboard
5. Starfish float on front - 3 seconds without kickboard
6. Submerge and retrieve an object from underwater, feet coming off floor
7. Front to back roll over
8. Back to Front roll over

Progression to Next Level: demonstrate the above Swimming Development skills comfortably and with confidence. Safety Survival skills are required learning goals, but will not prevent progression.

Panaga Stingrays Swimming Levels

Learn-To-Swim Level 3:

Prerequisite: demonstrate the skills for Level 2 comfortably and with confidence.

Lesson Summary:

Swimming Development:

1. Glide on front & kick for 7m and recover to upright position no kick board
2. Glide on back & kick for 7m and recover to upright position no kick board
3. 10m freestyle no kickboard, side breathing if needed - 4 arms
4. 15m freestyle with kickboard, side breathing exhaling in water - 4 arms
5. 5m backstroke kick streamline with kick board if needed
6. 5m backstroke kick no board
7. 10m backstroke with arms, kick board on knees
8. Mushroom float
9. Push & glide off wall on front, tuck and return on back
10. Front glide and kick, $\frac{1}{4}$ roll to side and return to front
11. Knee dive

Safety Survival:

1. Float for 30 seconds with a floatation aid
2. Starfish float on back - 10 seconds without kickboard
3. Starfish float on front - 5 seconds without kickboard
4. Tread water in vertical position using hands and feet
5. Sculling - horizontal, stay in position
6. Retrieve an object from 1m depth, using a duck dive & push up from bottom
7. Be pulled to safety

Progression to Next Level: demonstrate the above Swimming Development skills comfortably and with confidence. Safety Survival skills are required learning goals, but will not prevent progression.

Panaga Stingrays Swimming Levels

Learn-To-Swim Level 4:

Prerequisite: demonstrate the skills for Level 3 comfortably and with confidence.

Lesson Summary:

Swimming Development:

1. Push & glide off wall on back, tuck and return on front
2. Glide and swim 10m, recover to upright position
3. 15m freestyle, no kick board - regular breathing
4. 30m freestyle with kickboard - regular breathing & arms
5. 5m full backstroke, no kickboard
6. 15m backstroke with kickboard - using arms
7. 15m backstroke kick, no kickboard
8. 10m breaststroke legs on front with kickboard
9. 10-15m breaststroke arms - sitting on kickboard
10. 15m breaststroke legs on back with kickboard in teddy bear hold
11. Standing dive from poolside
12. Mushroom float with assisted turn

Safety Survival:

1. Grasp floatation aid thrown for support, float for 60 seconds, kick to safety
2. Tread water for 30 seconds using eggbeater legs & sculling hands
3. Support the body in upright position and signal for distress
4. Sculling on back feet first for 5m
5. Sculling on back head first for 5m
6. Pencil entry
7. Compact entry - straight body, pinch nose with 1 hand, other hand holds shoulder over the top of first.
8. Monkey down pole head first, demonstrate equalising - starting at 1.5m progressing to 3m
9. Monkey down pole feet first, demonstrate equalising - starting at 1.5m progressing to 3m
10. Rescue
 - a. Know what to do, call for help - Communication
 - b. Demonstrate a Reach rescue with a pole/noodle
 - c. Be pulled to safety

Progression to Next Level: demonstrate the above Swimming Development skills comfortably and with confidence. Safety Survival skills are required learning goals, but will not prevent progression.

Panaga Stingrays Swimming Levels

Learn-To-Swim Level 5:

Prerequisite: demonstrate the skills for Level 4 comfortably and with confidence.

Lesson Summary:

Swimming Development:

1. 30m freestyle no kick board - comfortable consistent stroke with breathing
2. 60m full freestyle with kickboard
3. 15m full backstroke, no kickboard
4. 30m full backstroke with kickboard
5. 15m full breaststroke
6. 30m breaststroke arms with pull buoy or kickboard
7. 30m breaststroke legs on back with kickboard
8. 30m breaststroke legs on front with kickboard
9. 15m dolphin kick - arms at side
10. 15m dolphin kick - sculling arms for breathing
11. Dive from block - knee dive progressing to standing dive
12. Mushroom float with an independent turn

Safety Survival:

1. Demonstrate survival backstroke - breaststroke legs on the back with arms moving up to armpit and pushing down
2. Tread water for 2 minutes and signal for help - closed fist
3. Sculling on back feet first for 10m
4. Sculling on back head first for 10m
5. Safety entries - when to use them, start on side then from block
 - a. Stride entry
 - b. Compact entry
 - c. Step entry
 - d. Straddle entry
6. Surface dive head first with equalising to bottom of pool - starting at 1.5m progressing to 3m
7. Rescue
 - a. Know what to do, call for help - Communication
 - b. Reach rescue with a pole/noodle - rescue & be rescued
 - c. Throw a kick board for rescue

Progression to Next Level: demonstrate the above Swimming Development skills comfortably and with confidence. Safety Survival skills are required learning goals, but will not prevent progression.

Panaga Stingrays Swimming Levels

Learn-To-Swim Level 6:

Prerequisite: demonstrate the skills for Level 5 comfortably and with confidence.

Lesson Summary:

Swimming Development:

1. 60m freestyle - using correct technique, start and finish
1. including 30m freestyle drills with kickboard
2. 30m backstroke - using correct technique
3. 60m full backstroke with kickboard
4. 30m breaststroke - using correct technique and breathing
5. 60m breaststroke arms with pull buoy or kickboard
6. 60m breaststroke legs on back with kickboard
7. 60m breaststroke legs on front with kickboard
8. 15m full butterfly, no kickboard
9. 30m dolphin kick - sculling arms for breathing
10. 15m side stroke
11. Dive from block - knee dive progressing to standing dive
12. 2m Freestyle, tumble turn and return freestyle

Safety Survival:

1. 15m survival backstroke - breaststroke legs on the back with arms moving up to armpit and pushing down
2. Tread water for 2 minutes and signal for help - closed fist
3. Sculling on back for 15m feet first up to a wall
4. Sculling on back head first for 15m
5. 15m, 2 person crocodile swim
6. Practise Safety entries - Stride, Compact, Step & Straddle
7. Surface dive feet first with equalising to bottom of pool - starting at 1.5m progressing to 3m
8. Rescue
 - a. Know what to do, call for help - Communication
 - b. Reach rescue with a pole/noodle - rescue & be rescued
 - c. Throw a kick board for rescue

Progression to Next Level: demonstrate the above Swimming Development skills comfortably and with confidence. Safety Survival skills are required learning goals, but will not prevent progression.

Panaga Stingrays Swimming Levels

Learn-To-Swim Level 7:

Prerequisite: demonstrate the skills for Level 6 comfortably and with confidence.

Lesson Summary:

Swimming Development:

1. 60m freestyle - using correct technique, start, finish and tumble turns
2. 60m backstroke - using correct technique, start and finish
3. 60m breaststroke - using correct technique, start and finish
4. 30m butterfly - using correct technique
5. 30m dolphin kick - sculling arms for breathing
6. 30m drills for each stroke to refine technique
7. 30m side stroke
8. Distance swim - 120m (4 laps) without stopping
9. Diving from block
10. Tumble turns off a wall

Safety Survival:

1. 15m survival backstroke - breaststroke legs on the back with arms moving up to armpit and pushing down
2. Tread water for 3 minutes and signal for help - closed fist
3. Sculling on back for 15m feet first up to a wall
4. Sculling on back head first for 15m
5. 15m, 2 person crocodile swim
6. Practise Safety entries - Stride, Compact, Step & Straddle
7. Practise surface dives head and feet first with equalising to bottom of pool
8. Rescue
9. Know what to do, call for help - Communication
 - a. Reach rescue with a pole/noodle - rescue & be rescued
 - b. Throw a kick board for rescue
 - c. Rope rescues

Progression to Next Level: demonstrate the above Swimming Development skills comfortably and with confidence. Safety Survival skills are required learning goals, but will not prevent progression.

Panaga Stingrays Swimming Levels

Learn-To-Swim Level 8:

Prerequisite: demonstrate the skills for Level 7 comfortably and with confidence.

Lesson Summary:

Swimming Development:

1. 120m (4 laps) freestyle - using correct technique, start, turn and finish
2. 60m backstroke - using correct technique, start, turn and finish
3. 60m breaststroke - using correct technique, start, turn and finish
4. 60m butterfly - using correct technique, start, turn and finish
5. 4 x 1 lap Individual Medley - butterfly, backstroke, breaststroke, freestyle with correct transitions
6. 30m drills for each stroke to refine technique
7. Distance swim - 240m (8 laps) without stopping
8. Racing Dives

Safety Survival:

1. 15m survival backstroke - breaststroke legs on the back with arms moving up to armpit and pushing down
2. Tread water for 3 minutes and signal for help - closed fist
3. Sculling on back for 15m feet first up to a wall
4. Sculling on back head first for 15m
5. 15m, 2 person crocodile swim
6. Practise Safety entries - Stride, Compact, Step & Straddle
7. Practise surface dives head and feet first with equalising to bottom of pool
8. Rescue
 - a. Know what to do, call for help - Communication
 - b. Reach rescue with a pole/noodle - rescue & be rescued
 - c. Throw a kick board for rescue
 - d. Rope rescues

Progression to Next Level: This is the final level in the learn-to-swim program.

Panaga Stingrays Swimming Levels

Junior Competition Squad:

For ages 7-9 years. Children in this group are invited by the Head Coach to train for and participate in local competitions.

Junior Comp Squad is open to 7-9 year olds that are in Level 5 or above and have shown as interest in competitions. Junior Competition Squad swimmers will be expected to swim up to 3 times per week, and attend the two 7-9 year old swim meets, plus at least 1 other competition per school year. There are normally 6-8 competitions in Brunei and 2-3 International competitions to choose from. StingRays have attended competitions in Miri, Labuan, Singapore and Bangkok.

Competition Squad:

For ages 10+. Children in this group are invited by the Head Coach to train for and participate in local competitions.

There are 5 Comp Squad lessons a week, swimmers are expected to regularly attend 3 times each week, but can attend all sessions if they wish. Competition Squad members are expected to attend at least 3 competitions per year.

Adult Stroke Improvement and Masters

Adult group lessons for intermediate to advanced level swimmers (not suitable for beginners).

Stroke Improvement / Swim For Fitness – must be able to swim 4 laps freestyle of the Panaga pool comfortably with the correct technique.

Masters – Must be able to swim 4 laps freestyle and backstroke, 2 laps breaststroke and butterfly continuously, comfortably and with the correct technique.