

Squad Programs

Transition Squad

- 45min session
- Maximum 12 swimmers per session
- Conducted by ASCTA Qualified Coach
- Entry level to squad programs
- Correct technique of competitive swimming strokes
- Introduce butterfly stroke
- Introduction to correct diving technique
- 2 sessions per week

Bronze Squad

- 50min session
- Emphasis on stroke technique refinement for all 4 competitive swimming strokes
- Introduction of endurance swimming
- Refine technique of starts
- Introduction to competitive turns
- 3 sessions per week

Silver Squad

- 75min session
- Emphasis on stroke technique refinement for all 4 competitive swimming strokes
- Introduction of training sets and endurance swimming for competition swimming and nippers
- Refinement of competition dives and turns
- Up to 4 sessions per week

Gold Squad

- 90min session
- Continued stroke development for all 4 competitive swimming strokes
- Periodised training program for pool and surf competition
- Up to 5 sessions per week

Gold Junior Competition Squad

- 90min session
- This squad is aimed at the serious pool swimmers only
- Mingara Aquatics Swim Club Membership is recommended
- Continued stroke development
- Swim all 4 competitive swimming strokes
- Periodised training program for pool competition
- Up to 5 sessions per week

High Performance Squad

- 1hr 45min session
- Squad members are competitors who aspire to represent at National Level either in the pool or the surf
- Continued stroke development for all 4 competitive swimming strokes
- Periodised training program for competition
- Up to 6 sessions per week

General Information

Mingara Aquatics offers Learn to Swim classes and Squad Sessions which incorporate learning to swim, water safety skills, rescue techniques and fun activities. Classes are progressive following our level guide. We offer FREE assessments for all new swimmers to Mingara Aquatics. All swimmers are assessed to advance to the next level once they have demonstrated proficiency with current skills.



Prices

Learn to Swim *Family discounts available*

Level 1	\$16 per lesson
Levels 2 - 9	\$17.50 per lesson
Second lesson per week	\$11 per lesson

Squads

Transition	\$20 per week
Bronze	\$21 per week
Silver	\$23.50 per week
Gold	\$27 per week
High Performance	\$33 per week

Our payment plan is: Direct Debit

Mingara Aquatics Swim School and Squad Instructors are AUSTSWIM and ASCTA Accredited.

Royal Life Saving Swim and Survive Program In conjunction with the RLSSA Programs, Mingara Aquatics swimming lessons incorporate the Swim & Survive Program which include water safety, rescue techniques and developing basic survival skills.

All Learn to Swim and Squad programs are conducted by nationally accredited coaches.



Visit us at your club, Mingara

12-14 Mingara Drive, PO Box 8003, Tumbi Umbi NSW 2261 Ph: 4349 7821
E: aquaticsenquiries@mingara.com.au www.mingara.com.au



facebook.com/
mingaraaquatics

instagram.com/
mingaraclub



MINGARA AQUATICS Swimming Program

Information correct as at 07 January 2019



SWIMMING JOURNEY *Program Levels*

LEVEL 1

30min duration, Hydrotherapy Pool

Conducted with carer in the water.

Recommended for children over 6 months.

- Water familiarisation
- Introduction to front and back floats
- Introduction to swimming with a carer
- Introduction to paddle and kick action
- Introduction to safe entries and exits
- Preparation for submersion
- RLSSA Swim and Survive Program

LEVEL 2

30min duration, Hydrotherapy or Leisure Pool

Conducted without carer in the water.

Recommended for children over 2 years.

- Water familiarisation
- Assisted front and back floats
- Assisted paddle and kick action
- Experience swimming with and without equipment
- Preparation and practice submersion
- Introduction to breath control
- RLSSA Swim and Survive Program

LEVEL 3

30min duration, Hydrotherapy or Leisure Pool

Conducted without carer in the water.

- Water familiarisation
- Assisted front and back floats
- Assisted and independent paddle and kick
- Experience swimming with and without equipment
- Preparation and practice submersion with and without goggles
- Develop and initiate own submersion
- Learning breath control
- RLSSA Swim and Survive Program

LEVEL 4

30min duration, Hydrotherapy or Leisure Pool

- Assisted and unassisted front and back floats
- Assisted and unassisted paddle and kick action
- Paddle and kick with pop-up breathing
- Basic glides and streamlining
- Independent submersion with competent underwater skills
- Develop and practice back sculling
- Introduce beginner freestyle arm action
- Demonstrate breath control
- RLSSA Swim and Survive Program



LEVEL 7

30min duration, 50m Olympic Pool

- Perform correct kicking action for freestyle and backstroke
- Maintain streamline and body position
- Freestyle with correct technique and bi-lateral breathing
- Backstroke with correct technique
- Beginner breaststroke kick and glide action
- RLSSA Swim and Survive Program



LEVEL 5

30min duration, Hydrotherapy or Leisure Pool

- Unassisted front and back floats
- Unassisted paddle and kick action
- Develop streamline and body position
- Practice freestyle arm action
- Introduce beginner freestyle with breathing
- Unassisted back sculling
- Introduce beginner backstroke
- RLSSA Swim and Survive Program

LEVEL 6

30min duration, Hydrotherapy or Leisure Pool

- Maintain streamline and body position
- Develop and perform correct kicking actions for freestyle and backstroke
- Freestyle with breathing technique
- Back sculling unaided
- Backstroke with correct arm and kick action
- RLSSA Swim and Survive Program

LEVEL 8

30min duration, 50m Olympic Pool

- Maintain correct kicking action for freestyle and backstroke
- Freestyle with correct technique
- Backstroke with correct technique
- Introduce breaststroke arms with correct kick and glide action
- RLSSA Swim and Survive Program

LEVEL 9

45min, 50m Olympic Pool

- Maintain correct freestyle, backstroke and breaststroke techniques
- Introduce bent arm recovery to freestyle
- Introduce butterfly kick movement and beginner arms
- Increase stamina
- Preparation for transition squad
- RLSSA Swim and Survive Program