

Outcomes for each swim level

Level	Training/coaching options		Focus:	Payment structure
Level 1	For the swim schedule in each ASP term, please visit the After School Programme website. Students need to be registered through ASP.		Gain confidence and competence in the water, familiarity with feel of water movement over face and body	Fee based as part of the After School Programme (ASP) swimming class
Level 2			Gain confidence and competence in the water particularly floating, flutter kick (front and back) streamlines, introduce arm action in freestyle and backstroke	
Level 3			Develop freestyle breathing pattern and backstroke, introduce breaststroke and diving	
Level 4	Elementary	Secondary	Develop freestyle, backstroke and breaststroke timing and introduction of butterfly	School supported (no fee)
	Tuesday, Thursday and Friday afternoon	Monday and Wednesday afternoon		
Level 5	Elementary	Secondary	Begin to increase distances in freestyle, backstroke and breaststroke, develop butterfly timing and and race starts	School supported (no fee)
	<ul style="list-style-type: none"> ● Tuesday afternoon ● Thursday afternoon ● Friday afternoon 	<ul style="list-style-type: none"> ● Monday morning ● Monday afternoon ● Tuesday Morning ● Wednesday afternoon ● Thursday morning ● Friday afternoon 		
Level 6	<ul style="list-style-type: none"> ● Monday morning ● Monday afternoon ● Tuesday morning ● Wednesday afternoon ● Thursday morning ● Friday morning ● Friday afternoon 		Develop greater endurance in freestyle, backstroke, breaststroke and butterfly with accurate technique, focus on racing dives and individual medley turns	School supported (no fee)