

# ADULTS

SwimMagic's Adult Programme caters for absolute beginners through to competent swimmers looking to improve their technique.

Our well trained instructors have a wealth of experience working with people to overcome their fear of the water and develop important water safety skills through to ocean swimming. The Adult Programme is structured to have clear progressions and achievable goals at each level which have a swimming and water safety focus.



## ADULT LEVELS

### INTRODUCTION

- Submersion
- Push, glide and kick
- Assisted Backstroke kick
- Water Safety - Regaining standing position

### BEGINNER

- Rotation kick
- Freestyle swim with board
- Backstroke swim with board
- Water Safety - Assisted treading water

### INTERMEDIATE

- Freestyle swim
- Backstroke swim
- Introduction to Breaststroke
- Water Safety - Treading water

### ADVANCED

- Multiple lengths Freestyle and Backstroke with good technique
- Breaststroke and Butterfly development
- Starts, turns and finishes
- Water Safety - 400m swim non stop

### ADULT FITNESS SQUADS

- Available at most facilities
- Main focus is endurance & technique
- Excellent for general fitness or training for triathlons & open water swimming
- Please enquire at your facility

## PRIVATE LESSONS

- Private one on one tuition
- Excellent way to aid progression
- Tailored to specifically meet your needs
- Please enquire for more information