

- Advanced booking essential.
- Limited places.
- 10 week courses for adults and children.

ADULTS SWIM LESSONS

Beginners- Suitable for adults who have never swam before or have little swimming experience. Swimming Freestyle & Backstroke will be the main focus of lessons.

Improvers (level 1) - This lesson is taught in swim lane. This level is aimed at improving stroke technique and introducing breaststroke. To move to the next level swimmers should be able to swim 40 m Freestyle, Backstroke and Breaststroke.

Improvers (level 2) - Swimmers are aiming to improve endurance at this level and also fine tune swim strokes. At the end of the session swimmers should be able to swim 100m Freestyle and Backstroke.

Clarendon St. Ph: **677 0040**

Clondalkin Ph: **630 1456**

Swords Ph: **807 5620**

Ashbourne Ph: **835 2992**

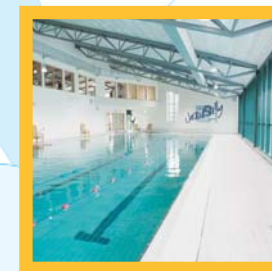
Navan Ph: **046 909 1999**

Drogheda Ph: **041 980 7122**

Ballsbridge Ph: **678 1490**

www.jackieskellyfitness.com

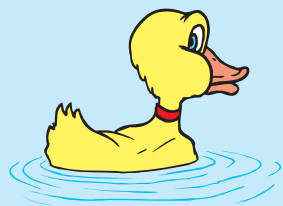
SWIM 4 LIFE
 Jackie Kelly
 FITNESS
 ACADEMY



- CHILDREN'S LESSONS FROM 3 YRS OLD
- ADULT SWIM LESSONS
- FULLY QUALIFIED SWIM TEACHERS
- GUARANTEED SMALL CLASSES
- INDIVIDUAL ATTENTION

**BOOK NOW
 LIMITED PLACES!
 NOW ENROLLING**

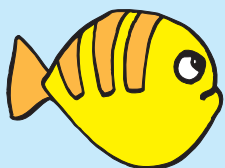
GRADE 0 - DUCKLINGS



Grade 0 - Ducklings is for pre-school children aged 3 - 5 years old.

This lesson will be taught in the baby pool from week 1 - 4, and then progress to big pool with armbands. Children will play games in the water which are Aimed at increasing water confidence

GRADE 1 - GOLDFISH



Grade 1 - Goldfish is aimed at increasing confidence in water and progressing children out of armbands.

Children in this grade will learn to:

- Put their faces in the water
- Blow bubbles
- Do starfish float on front & back
- Rotate from front onto back (with armbands)
- Stand & Jump
- Thread water with armbands
- Swim with woggle

GRADE 2 - FROGS

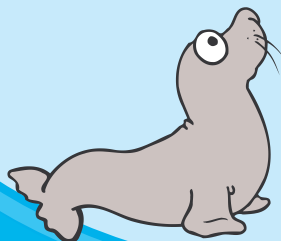


Grade 2 - Frogs is taught using flotation devices to increase leg strength and introduce arm movements.

Grade 2 swimmers will be taught to:

- Push & glide on front and back
- Kick legs on front and back unaided
- Attempt frog legs (breaststroke)
- Rotate from front onto back
- Attempt freestyle arms
- Thread water

GRADE 3 - SEALS

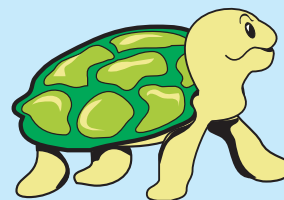


Grade 3 - Seals is aimed at improving swimming stroke in freestyle and backstroke.

Grade 3 swimmers will learn how to:

- Swim Freestyle arms & legs
- Swim Backstroke arms & legs
- Swim Breaststroke arms & legs
- Swim Butterfly legs
- Tumble in water
- Scull head first/ feet first

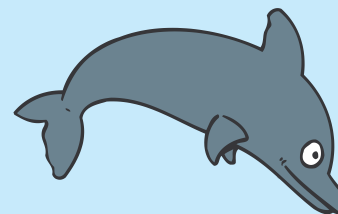
GRADE 4 - TURTLES



Grade 4 - Turtles breaststroke and butterfly are introduced. Children will be swimming in the lane for this class. To advance to Grade 5 - Dolphins swimmers must be able to:

- Swim 20m Freestyle, Backstroke & Breaststroke
- Swim 10m Butterfly. Breathe unilaterally (to one side in freestyle) Tumble turn

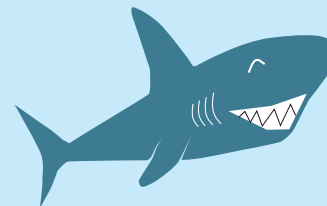
GRADE 5 - DOLPHINS



Grade 5 - Dolphins is taught in swim lane and is an introduction to endurance swimming. Children will be swimming 2 lengths at a time in this grade. To progress to Grade 6 - Sharks swimmers must be able to:

- Swim 40m Freestyle
- Swim 40m Backstroke
- Swim 40m Breaststroke
- Swim 40m Butterfly
- Dive & Tumble turn

GRADE 6 - SHARKS



In Grade 6 - Sharks lifesaving techniques and strokes are introduced to swimmers. Swimmers must be competent in all 4 swimming strokes and able to swim up to 4 lengths.

Swimmers in this group will be introduced to:

- Endurance swimming:
- Sidestroke
- Inverted Breaststroke
- HELP Technique
- Lifesaving Information