



**BLUES
VENTURES**

TRUST THE PROCESS

SWIM SYLLABUS & LESSON PLANS

www.bluesventures.my

OVERVIEW



Baby Swim

- Age 6 months to 2 years old

BABY LEVEL 1

Baby Swim

Focus

- Introduction to water & focusing on being comfortable in the water.

Basic water safety

- Assisted back float 10 counts
- Climb Out Independently
- 10 Count Breath Control
- Simple swimming movements with arm & legs, 1M

Structure

- Classroom and pool sessions with parent participation parent-child bonding in water

BABY LEVEL 2

Baby Swim

Focus

- Swim 6meters Using Arms and Legs
- Independent Rollover Breath

Basic water safety

- Independent Fall an Float 10 counts
- Streamline 3meters
- Independent Back Glide 3meters
- Swim 5meters With Independent Rollover Breath

Structure

- Builds on Level 1 skills, more emphasis on individual skill development

Kiddies Syllabus

- Age 3 to 5 years old

KIDDIES

Explorer 1

Water Confidence & Familiarization

Focus

- Introduction to water & focusing on being comfortable in the water and willing to participate in all activities.
- Can blow bubbles with mouth minimum 5 counts and up to nose.
- Able to float still with assistance minimum 5 counts.
- Can perform basic kicking motions.

KIDDIES

Explorer 2

Building Basic Skills & Independence

Focus

- Can move short distances minimum 3 meters independently with flotation aids.
- Comfortable bubbles with mouth 10 counts and nose 5 counts, able to submerge the whole face minimum 5 counts.
- Able to float with minimal support and glide 3 meters with assistance.
- Can kick with a kickboard and perform basic arm strokes.

KIDDIES

● Explorer 3

Introduction to Basic Swimming Techniques

Focus

- Can swim short distances minimum 4 meters independently.
- Demonstrates proper breath control and rhythmic breathing.
- Proficient in basic front crawl, introduction to freestyle strokes and backstroke techniques.
- Effective kicking with a kickboard on a streamline minimum 3 meters.

Kids Syllabus

- Age 6 - 12 y/o

KIDS

Pre- Beginner

Water confidence

Breathing

- Submerge whole face while bubble (Mouth & Nose) 10 counts smoothly

Underwater

- Comfortable full Body submerge to collect toys 5 counts

Water Entry

- Confidence to jump with teacher assistance or supervision

Water safety

Tune in

- Able to listen to teachers instruction & follow.

Floating

- Able to float front & back minimum 10 counts with minimal assistance

Swimming

- Able to paddle swim without floats & assistance

Wall skills

- Monkey crawl point A to point B 5 meters
Safety water entry

KIDS LEVEL 1

Beginner

Freestyle kicking

- Streamline Freestyle kicking 6 meters

Freestyle push & glide

- Push from the wall without any kicking 4 meters horizontal body

Introduction to backstroke kicking

- Backstroke kicking with kickboard or hands on the side

Introduction to freestyle hand pull

- Practice freestyle hand pull with assistance motion familiarization

Refine skills

- Floating front & back 10 counts
- Breathing mouth & nose bubble 10 counts
- Kicking legs & hips correct

KIDS LEVEL 2

Beginner

Freestyle 6 kicks 1 pull

- Freestyle change hand with constantly kicking

Backstroke kicking

- Backstroke kicking with hands on the side or hands up

Backstroke 6 kicks pop & change

- Backstroke change hand with constantly kicking

Survival skills - rotation swim

- Kick 6 times and turn to front or back position

Introduction to distance Swim

- Progressive swim 12 meters

KIDS LEVEL 3

Intermediate

Freestyle Swim

- Freestyle side kicking for both side
- Freestyle 3 pull 1 breath for both side

Backstroke Swim

- Backstroke with shoulder rotation and constantly kicking

Progressive distance Swim

- Progressive swim 15 meters continues

Underwater

- Streamline underwater for 3 meters

Survival Skills - Water Treading

- Maintain the head for 15 seconds

Diving

- Basic diving with one leg knee down

KIDS LEVEL 4

Intermediate

Freestyle Swim

- Freestyle swim 3 pull 1 breath with constantly kick and hands timing & progressive distance swim 25 meters

Backstroke Swim

- Backstroke swim with constantly kicking and change hands timing

Breaststroke Swim

- Breaststroke kick and breaststroke pull with breathing and proper timing

Survival Skills - Double Arm Pull On Back

- Double Arm pull with back kicking

Diving

- Streamline diving with one foot on the front

KIDS LEVEL 5

Advanced

Freestyle Swim

- Freestyle swim 3 pull 1 breath with constantly kick and hands timing & progressive distance swim 25 or 50 me

Backstroke Swim

- Breaststroke swim with proper stroke and timing & progressive distance swim 25 or 50 meters

Breaststroke Swim

- Breaststroke swim with proper stroke and timing & progressive distance swim 25 or 50 meters

Butterfly Swim

- Butterfly 3 kicks 1 pull with proper stroke
- Butterfly 2 kicks 1 pull with proper stroke and timing & progressive distance swim 25 meters

KIDS LEVEL 6

Advanced

Sculling

- Proper sculling without kicking for 2 or 5 meters

Competitive Dive

- Competition standing dive with streamline & dive with head down

Tumbleturn

- Tumbleturn on the front without touching the wall
- Tumble turns with legs touching on the wall

Survival Skills

- Water Treading Head maintain on the water for 30 seconds with any kick
- Double arm pull with breastroke kick