

## NATO Marlins Swim Academy

	<b>Recreational</b>			
<b>Levels</b>	<b>Level 1</b>	<b>30 min</b>	<b>Level 4</b>	<b>55 min</b>
	<b>Level 2</b>	<b>45 min</b>	<b>Level 5</b>	<b>55 min</b>
	<b>Level 3</b>	<b>45 min</b>	<b>Level 6</b>	<b>55 min</b>
	<b>Pre-Competitive</b>			
<b>NEW</b>	<b>Junior Marlins</b>	<b>55 min</b>	<b>Swim 3 competitions with the team!</b>	

<b>L1</b>	<b>Beginners</b>	These levels are the FUNdamental skills that will be the building blocks for the swimmers development. The sessions will be fun orientated with swimming incorporated; the main aim of these levels is to build water confidence and safety in the water.
L2	<b>Basic Swim Skills</b>	These levels develop the skills already learnt in level 1 but also introduces new swim skills such as feel for the water and rotation. The aim of this level is to learn Front crawl and back crawl with good technique and skills and introduction of butterfly and breaststroke
L3		
L4	<b>Stroke development</b>	These levels develop the technique of all four strokes (butterfly, back crawl, breaststroke and front crawl). At this level swimmers will also learn & develop competitive fundamentals including starts, turns, & finishes and basic water safety skills.
L5		
L6	<b>Preparing to train</b>	Swimmers build an aerobic fitness base and endurance while focusing on proper and detailed technical development of the strokes, starts and turns, while also learning fundamental elements of training.

Schedule	Tuesday			Wednesday			Thursday			Friday		
17.00-17.30 17.00-17.45	L1	L2	L3	L1	L2	L3		L2	L3	L1	L2	L3
17.50-18.45	L4	Junior Marlins L2/L3	L5/L6	L4	L5	L6		L4	L5/L6	L4	L5	L6

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