



2020-2021 Acorns Program

The OAK Acorns program is an excellent introduction to competitive swimming. In the program the 4 competitive strokes (freestyle, backstroke, breaststroke and butterfly) are taught as well as flip turns and race starts.

Each practice is one hour in length and the program runs from the end of September to the end of May.

Swimmers are divided into groups (Acorns A, B, C and D) depending on their age. This is so your children will be at a similar level to other swimmers in the lessons and not out of their depth and struggling.

Acorns A (born in 2014 and July-December 2013)

Minimum requirements

- Be independent Bob with rhythmic breathing
- Float on front and kick
- Float on back and kick

Acorns B (born January-June 2013 and 2012)

Minimum requirements

- Kick on front with board for 10 metres
- Kick on back for 25 metres
- Jump into deep water unassisted
- Tread water for 30 seconds

Acorns C (born 2011 and July-December 2010)

Minimum requirements

- Front crawl arm motion and kick for 15 metres
- Back crawl arm motion and kick for 15 metres
- Breaststroke / whip kick leg motion
- Dive

Acorns D (born January-June 2010 and 2009 and July-December 2008)

Minimum requirements

- Swim 1 length front crawl with breathing
- Swim 1 length back crawl
- Kick with flutter board for 3 lengths
- Fly leg motion / dolphin kick
- Complete a somersault in the water

Lesson dates are confirmed on a monthly basis. On occasion, dates may change due to circumstances beyond the Club's control. The total number of lessons will remain the same for the entire season. Monthly calendars will be posted ahead of time to view the calendar login to the OAK website.

Assessments are performed in December and March to evaluate the progress of the swimmers. At this time, swimmers may be invited to move to the next level of competitive programming, OAK Entry.

No tryout is needed to register for this program.