

Notes for all Box Hill Swim Academy teachers.

With immediate effect the following criteria will apply. NA = Not applicable

Class	Max number in group	Age group (approx.)	Awards SKILL	Awards DISTANCE	Awards DIVING	Notes
Starfish 1	4	3-4	Duckling 1-4 Stage 1	*5m	NA	*Front & Back
Starfish 2	5	4-5	Stage 2	*10m	NA	*Front & Back
Speedy Fish	6	5-6	Stages 3-4	*15m-25m	NA	*Front & Back
Dolphins	6	6-7	Stroke Technique	*50m-100m	Kingfisher 1 & 2	*Front to Back
Sharks	12-16	7-9/10	Stages 5-6	*200m-400m	Kingfisher 3	*Must use 2 different strokes
Swim Active	12-16	9/10-14	Stages 6-8	*800m	Swim England 1	*Must use 3 different strokes

- Generally, pupils will not be promoted until they have met full criteria. Teachers will use continual assessment and tick lists.
- **Starfish 1 & 2** will have use of swim aids gradually reduced and not used too frequently.
- **Speedy Fish** will spend some time practicing diving in as well as jumping in.
- **Dolphins** will concentrate on Swimming, Diving and Stroke work – No Stages at this level - stroke technique and distance awards.
- **Sharks** will spend 50% of time on stroke technique
- **Swim Active** will keep swimmers fit and motivated as they approach their teenage years.
- Testing will be carried out to the highest standards.
- Any questions, talk to Bryndís.