

## Olympos Marlins Teaching Structure

• Grade 1	(NTP Stage 5)	1 x 30 Mins
• Grade 2	(NTP Stage 5)	2 x 30 Mins
• Grade 3	(NTP Stage 6)	2 x 30 Mins
• Grade 4	(NTP Stage 6)	2 x 45 Mins
• Grade 5	(NTP Stage 7)	2 x 45 Mins
• Grade 6	(NTP Stage 7)	2 x 45 Mins
• Grade 7	(NTP Stage 8)	2 x 45 Mins
• Grade 8	(NTP Stage 8)	3 x 45 Mins
• Grade 9	(NTP Stage 9)	1 x 1 Hr/2 x 45 Mins
• Grade 10	(NTP Stage 9)	2 x 1 Hr/1 x 45 Mins

### A brief overview of Grades 1 – 10:

**Grade 1** – Developing ‘watermanship’ through sculling and treading water skills, and complete rotation, also performing all strokes to the given standard as directed by the ASA.

**Grade 2** – Further development of skills, kicking and body position while performing all strokes to a more competent standard.

**Grade 3** – Developing effective swimming skills including coordinated breathing; developing the water safety aspects and understanding of preparation for exercise.

**Grade 4** – Continuation of the development of effective swimming with prolonged distance on all strokes up to 25 metres while maintaining smooth technique.

**Grade 5** – Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills accomplished throughout grades 1 – 5.

**Grade 6** – Developing quality stroke technique up to 200 metres, incorporating skills and drills learnt in grades 1 – 5.

**Grade 7** – Introduction to competitive swimming with a continuation of all stroke skills, drills and kicking development combined with additional distance of continued swimming.

**Grade 8** – Completion of swimming using the correct lane discipline procedures. Executing legal starts, turns and finishes while maintaining legal strokes throughout the specified sets.

**Grade 9** – Moving towards advanced competitive swimming with added distance sets on all strokes requiring continued lane discipline.

**Grade 10 (Mini Squad)** – Completion of sets lasting distances of 800m with a continuation of all stroke skills, drills and kicking development ensuring a basic aerobic ability and overall physical wellbeing.