
LEARN TO SWIM PROGRAM

Detailed overview for Grades JKP-G5



**BRANKSOME
HALL ASIA**

INTERNATIONAL SCHOOL FOR GIRLS

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MISSION STATEMENT

Developing a lifelong love of swimming in a safe and fun environment. Lets go Branksome!



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LEARN TO SWIM

The Branksome way

Branksome Hall Asia's
Learn to Swim program has
been developed in
progressive stages for our
Junior School students.



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Our program allows your child to develop essential aquatic skills needed in order to be confident, competent and safe in the water whilst having fun with their teachers and classmates.

We have developed clear outcomes for each of our Learn to Swim levels that we aim for all children to complete. Starting in Level 1 by gaining basic movement skills and water confidence we lead into the development of kicking, on both front and back. By Level 3 our swimmers learn to perfect their leg kicks for various strokes and further develop their pushing and gliding technique. By Level 5, students will have developed an efficient technique for all four strokes with co-ordinated breathing, improved diving skills, and hopefully a lifelong love of swimming.



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LEVEL ONE

- Enter the water safely.
- Move forward unassisted for a distance of 5 metres (any stroke).
- Blow bubbles a minimum of three times rhythmically with nose and mouth submerged.
- Be comfortable with water showered from overhead.
- Find sunken treasure on the pool platform.
- Begin forward propulsion, 5 metres freestyle & backstroke kicking (assisted with a kickboard).
- Push and glide streamline on the front from a wall.
- Push and glide streamline on the back from a wall.
- Demonstrate an understanding of buoyancy, perform a starfish assisted.
- Give examples of two pool rules.
- Exit the water safely using the steps.

LEVEL I

Designed for
JKP - Grade 1



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LEVEL TWO

- Jump in from poolside and submerge.
- Perform a sitting dive.
- Swim freestyle & backstroke with a kickboard for 15 metres.
- Sink, push away from the wall on side and maintain a streamlined position through a hoop underwater.
- Push and glide on the front with arms extended and log roll onto the back.
- Push and glide on the back with arms extended and log roll onto the front.
- Fully submerge to pick up an object from the pool floor assisted.
- Push, glide and travel 10 metres on the front.
- Push, glide and travel 10 metres on the back.
- Perform a tuck float and hold for three seconds.
- Perform a starfish unassisted.
- Exit the water without using steps.
- Demonstrate an understanding of pool rules.

LEVEL 2

Designed for
Grade 2



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LEVEL THREE

- Perform a kneeling dive.
- Fully submerge to pick up an object from the pool floor.
- Push, glide and swim 15 metres (any stroke).
- Understand the key elements of all four swim strokes.
- Perform a handstand and hold for a minimum of three seconds.
- Travel on back and log roll in one continuous movement onto front.
- Travel on front and log roll in one continuous movement onto back.
- Kick 25 metres as a pair using a pool noodle.
- Begin working as a team in relay games.
- Fully submerge to pick up an object from the pool floor unassisted.

LEVEL 3

Designed for
Grade 3



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LEVEL FOUR

- Perform a standing dive.
- Demonstrate an understanding of preparation for exercise (how to stretch before/after swimming).
- Perform a forward somersault, tucked, in the water
- Perform three different shaped jumps into deep water.
- Push, glide and swim 25 metres (any stroke).
- Push, glide and swim 15 metres backstroke.
- Push, glide and swim 15 metres front crawl.
- Push, glide and swim 15 metres breaststroke.
- Push, glide and swim 15 metres butterfly.
- Perform a handstand and hold for a minimum of three seconds.
- Perform a forward somersault.
- Demonstrate an action for getting help.
- Begin learning basic rules of water polo.

LEVEL 4

Designed for
Grade 4



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LEVEL FIVE

- Perform a block dive.
- Sink, push off on side from the wall, glide, kick and rotate into backstroke.
- Sink, push off on side from the wall, glide, kick and rotate into front crawl.
- Push, glide and swim 50 metres (any stroke).
- Push, glide and swim 25 metres front crawl.
- Push, glide and swim 25 metres backstroke.
- Push, glide and swim 25 metres breaststroke.
- Push and glide and swim 25 metres butterfly.
- Develop a sidestroke kick.
- Perform a tumble turn.

LEVEL 5

Designed for
Grade 5



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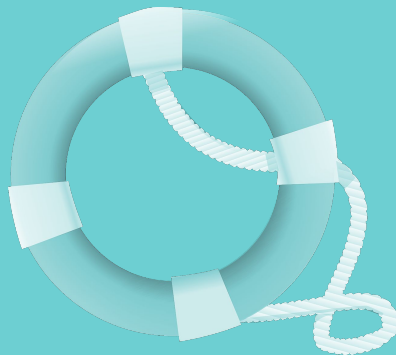


**“THE EARTH IS 75% WATER –
CAN YOU SWIM?”**



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SWIM TO SURVIVE


The Branksome way

At Branksome Hall Asia we also offer a survival swimming program which is developed in accordance to the Ontario (Canadian) Lifesaving Society Swim to Survive Program.



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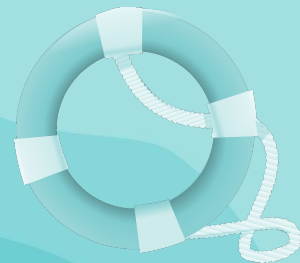
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This is not a swimming class, these lessons are designed to teach essential skills which could help your child survive an unexpected fall into deep water.

Statistics show two-thirds of drownings occur within 15-metres of safety and can happen in as little as 10 seconds. Victims rarely call, wave, or signal for help because they can't keep their heads above water.

Our program has been split into five levels beginning with basic assisted treading and water entry building to level five where students learn to fall into deep water, tread for one minute and then swim 50 metres to safety (any stroke). We also teach students how to rescue tow a passive victim, 25 meters with a buoyant device (noodle) and swim to safety wearing clothing.



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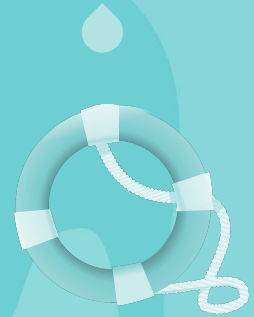
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LEVEL ONE

- Roll into deep water (with goggles).
- Tread water for 30 seconds (with noodle).
- Swim 15 meters (with kickboard).
- Understand how to call for help.

LEVEL I

Designed for
JKP - Grade 1



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INTERNATIONAL SCHOOL FOR GIRLS

LEVEL TWO

- Roll into deep water (with goggles).
- Tread water for 30 seconds (with noodle).
- Swim 15 meters (unassisted with any stroke).

LEVEL 2

Designed for
Grade 2



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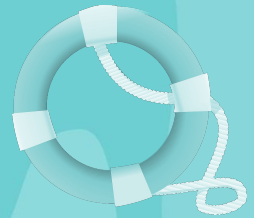
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LEVEL THREE

LEVEL 3

Designed for
Grade 3

- Roll into deep water (no goggles).
- Tread water for 30 seconds (unassisted).
- Swim 25 meters (unassisted with any stroke).



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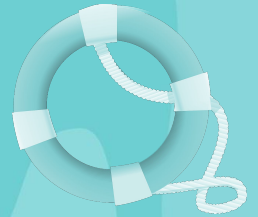
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LEVEL FOUR

- Roll into deep water (no goggles).
- Tread water for 45 seconds (unassisted).
- Swim 50 meters (any stroke).

LEVEL 4

Designed for
Grade 4



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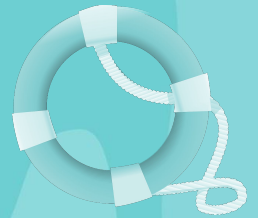
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LEVEL FIVE

LEVEL 5

Designed for
Grade 5

- Roll into deep water, tread water for one minute and then exit (unassisted).
- Swim 50 meters (any stroke).
- Rescue tow a passive victim, 25 meters with a buoyant device (noodle).
- Surface dive and swim 10 metres wearing clothes.



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FACILITIES



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Branksome Hall Asia's swim program is delivered year-round and hosted in our olympic sized pool.



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SWIM SQUAD

Do you have what it takes?



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TEAM BRANKSOME



The BHA squad is a perfect entry to the sport of swimming and is a great introduction to competitive swimming, training and sport development.

We train twice per week and compete both locally and internationally. These swim meets bring people together who would otherwise have not had the chance to meet, boosting your child's social skills and also giving you the chance to meet fellow parents with whom you share a common interest.

Members of BHA swim squad will bond with their teammates, cheering on friends and being cheered when they swim; boosting your child's confidence and self-esteem.



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Be Remarkable



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CONTACT

Branksome Hall Asia

234 Global edu-ro Daejung-eup
Seogwipo City, Jeju-do, Rep. of KOREA,
63644

브랜섬홀아시아

63644 제주특별자치도 서귀포시 대정읍
글로벌에듀로 234

Phone: 064-902-5000

daviddougherty@branksome.asia



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