



Our Learn to Swim Programme follows the Swim England Learn to Swim to Framework - Stages 1-7

STAGE 1 -Developing basic safety awareness, basic movement skills and water confidence skills. Swimmers will use aids.

STAGE 2 - Developing safe entries to the water, including jumping in, basic floating travel and unaided rotation to regain upright positions. Swimmer may use aids.

STAGE 3 - Developing safe entries and including submersion, travel up to 10 meters on the front and back progress rotation skills and water safety knowledge.

STAGE 4 - Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, swimming 15 meters to a given standard as directed by the Swim England. Lessons take place in the main pool.

STAGE 5 - Developing waterman-ship through sculling and treating water skills, complete rotation and also performing all strokes to the given standard as directed by the Swim England. Lessons take place in the main pool - swimming 25 meters.

STAGE 6 - Developing effective swimming skills including coordinated breathing, developing the water safety aspects and understanding of preparation for exercise. 100 meters continuous.

STAGE 7 - Developing quality stroke technique up to 100 meters 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 stages 1-7.

Once completed all stages your child is given information on how they can continue onto stages 8, 9 & 10.