

## CLASS LEVELS

### Parent & Baby

12 weeks to 18 months

The aim of these classes is to learn some basic water skills through play to gain confidence and most of all to have fun. We recommend a swim nappy with pants/costume over the top to secure. We have a warm teaching pool.

### Parent & Toddler/Toddler 1/2

18 months to 3 years

This class is designed to introduce children into the water through fun games to gain basic skills and encourage water confidence. Progression is made into Parent & Toddler (2) for older children on recommendation from teacher. We recommend a swim nappy with pants/costume over the top to secure.

### Ducklings (Pre school)

Age- min 3 years plus

These classes are designed to introduce children to the water for the first time without their parents. The aim is to develop basic water confidence with the use of aids and introduce submersion. These classes are split into three levels:

Duckling 1/2 – This class is for children new to swimming lessons or moving from Parent & Toddler/Toddler (2). Children should be able to stand with their head clear of the water in the pool and be out of nappies.

Duckling 3 - This class is for children who can happily submerge and are progressing well when travelling in the water. Progression will normally be from the Beginner Class.

Duckling 4 – This class is for children who can or will attempt a 2.5 to 5m swim unaided. This class will involve songs and actions with some games working towards Duckling 4 and ASA Stage 2 badges. On completion of all components of ASA Stage 2 and an attempt at a 2.5m swim unaided front and back, children will move to ASA Stage 3a.

### ASA Stage 1/2 Age min 4 years upwards

Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills with the use of aids.

Developing safe entries to the water, including jumping in, basic floating, travel and rotation unaided by support teacher to regain upright positions with the use of floating aids. Introduction of basic Breaststroke legs and attempting an unaided swim on front and back. Aiming to swim 2.5 metres front and back unaided.

### \*ASA Stage 3a/3b

Developing safe entries including submersion, travel up to 10 metres on the front and back, progress rotation skills and water safety

knowledge. Introduction of Breaststroke leg kick, Butterfly kick and sculling. 3a travel up to 5m on front and back and 3b travel up to 10m on front and back.

#### **\*ASA Stage 4a/4b : 4a Teaching Pool/4b Main Pool**

Developing the understanding of buoyancy through a range of skills, refining kicking technique for all four strokes and swimming 10 metres to a given ASA standard. Introduction of treading water. Stage 4b will be the same award but in main pool for those who are deep water confident.

#### **\*ASA Stage 5a/5b**

Developing 'watermanship' through sculling and treading water skills, and complete rotation and performing all four strokes to a given ASA standard.

#### **ASA Stage 6**

Developing effective swimming skills including coordinated breathing, developing the water safety aspects and understanding the preparation for exercise.

#### **ASA Stage 7/Bronze**

Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to complete an obstacle course. Swimmers will then work towards their bronze challenge of 400 metres.

#### **Silver/Gold**

Utilising skills acquired for the Bronze challenge. Working towards 800 metres including timed swims. All strokes to be of a good standard re ASA guidelines.

#### **Swim Squad**

This is an hour class for swimmers who have completed their silver/gold challenge or who have been invited to join this class who are looking for a swimming club type class once a week.

\*Please note that where a level is split in to a and b, the actual stage award will not be given until the swimmer moves out of the "b" class.