



# Children's Swimming Lessons

Your Learn to Swim  
pathway starts here.



To sign up please call or pop  
into centre today.





The **More Swimming Academy** provides a high standard of swimming lessons to ensure we get the best from your child regardless of their age or ability. We will be with them from first splash and every length of the way thereafter.

## Summary of the lesson stages

### Stages 8

Challenge Awards - Bronze, Silver, Gold, and Honours designed to challenge, test skills and stamina.



### Stages 8-10

For children who wish to develop their technique and stamina, who may also wish to swim at a competitive level.

### Stages 1-7

A unique pathway of skills and swimming techniques designed to improve strength and stamina in water. Ensures children progress at their own pace to achieve a high standard of swimming ability.



### Private lessons

These are also available for those who need additional encouragement with 1-2-1 support from a qualified teacher.

### Alpha

This provides the attention needed in small groups for those with a disability or special needs.



### Pre-School Discovery Ducklings

The swimmer's 'journey through aquatics' starts with the Discovery Ducklings programme for developing water confidence in early years, encouraged through sessions such as 'adult and child' and pre-school sessions.

**Babies start from 3 months**

# Why is learning to swim so important?

Swimming is a life skill and it is vital that children and young people are given the opportunity to learn to swim for their own safety and enjoyment.

Being able to swim with confidence allows a child to take part in any water activity that may be available to them. This gives you, as a parent, the comfort that should they ever get into difficulty, they will now have the skills to be able to take care of themselves.

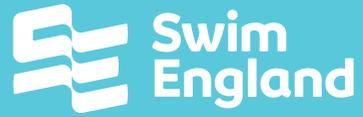
Swimming is the one exercise that the whole family can enjoy together at weekends or holiday times, children will find that the skills learnt are transferable to other sports and activities they take part in at school.

Once your child has completed stages 1-7, we will encourage you to move into advanced stages including Bronze, Silver, Gold and Honours awards plus the opportunity to take part in Rookie Lifeguard, water polo or snorkelling.

Talent identification will take place at stage 7 and your child may well be offered the opportunity to join a swimming club... and then who knows they could well be the next Olympic Gold medallist!



# Lesson stages in more detail



## Pre-school Stage 1

Suitable for children who are aged 3-4 with no previous experience. Developing basic safety awareness the 'class scenario', basic movement skills and water confidence.

**Awards Ducklings 1,2,3 and 4 & stage 1**

## Stage 2

Suitable for children who are in full time education with no previous experience. Developing safe entries into water, including jumping in, basic floating, travel and unaided rotation to regain upright positions.

**Awards: Stage 2 & 5 metres**

## Stage 3

For children over 5 year and who have completed stage 2. Developing safe entries including submersion, travel up to 10 metres on their front and back, progress rotation skills and water safety knowledge.

**Awards: Stage 3 & 10 metres**

## Stage 4

For children who have completed 10 metres on front and back and who have completed stage 3. Developing the understanding of a range of skills refining kicking technique for all strokes and swimming 20 metres.

**Awards: Stage 4, 20 metres, 5 metres breaststroke & 5 metres butterfly**

## Stage 5

For children who can swim 20 metres on front and back and have achieved stage 4. Developing skills and competence in sculling and treading water, completing a rotation and demonstrating good stroke techniques across all four strokes.

**Awards: Stage 5, 25 metres, 10 metres breaststroke & 10 metres butterfly**

## Stage 6

For children who can swim 25 metres on both front and back and who have achieved stage 5. Developing effective swimming skills including co-ordinated breathing, developing the water safety aspects and understanding of preparation for exercise. Children will be able to swim 50 metres on front and back and be working to achieve their personal survival award.

**Awards: Stage 6, 50 metres & Personal survival level 1**

## Stage 7

For children who have achieved stage 6 and can confidently swim 50 metres front and back. Developing quality stroke technique and aiming to gain 100 metres awards across 3 strokes. This stage then encourages stamina and the goal of 200 metres should be achieved with touch turns being introduced.

**Awards: Stage 7, 100 metres, 200 metres & Personal survival level 2**

## First steps...

Decide on the stage you think your child should start at, then talk to our reception team to see which sessions are available.

Pay by Direct Debit to spread the cost of your lessons over 12 months.

Provide us with your contact details so we can keep you informed of your child's progress.

Register for the parent portal to keep a track of your child's progress and the criteria they are working towards.

If your child has a medical condition, please let reception know so this can be added to their details.

## New to lessons?

Arrive in plenty of time so that your child can be changed and poolside ready for the lesson, and make sure they've been to the toilet before the lesson.

Make sure your child is wearing their hat so we know they're in the right class.

Please do not interfere with your child's lesson by distracting or talking to them while they are in the water. Your teacher will update and record your child's progress via a tablet while your child is in the water.

As a parent you will receive 10% off all our swim products if you buy online.

Buy the Achievement Awards as your child progresses - these are a great way of motivating them.

**Remember your child will progress faster if you swim as a family, bring them to our family sessions at weekends and let them show you what they have learnt!**

## Want to get involved as a parent?

Have you ever considered becoming a swimming teacher?

If you can swim 25m and would like to work with children, we'd like to hear from you.

Maybe you like the idea of volunteering, doing some paid work for a few hours, or even a full-time career in aquatics?

If you're interested in getting involved in any way, contact [leisure.swimming@serco.com](mailto:leisure.swimming@serco.com) for more information.