

Ducklings 5
Primarily water confidence skills.
Parent not in the water.

Stage 1
Development of water skills.
Travelling in the water with the use of floats or suitable aids.

Stage 2
Introduction and development of a range of basic skills. Travelling 5m using a variety of stroke kicking actions without aids.

Stage 4
Development of new skills including sculling and retrieving objects from the pool floor.

Stage 3
Further skills including jumping into water and submerging. Introduction of correct breathing technique and breaststroke leg action.

Stage 5
New skills including treading water and pushing from the side with correct technique. Development of front crawl, breaststroke and backstroke technique.

Stage 6
New skills include surface dives and swimming underwater. Swimming full stroke front crawl, backstroke and breaststroke.

Stage 8
Skills already learned are further developed with rotation skills being introduced.

Stage 7
New skills include straddle jump entry into water and forward somersault (in water). Swimming lengths using correct technique.

Adult Lessons
We offer beginner and improver lessons to suit any adult wishing to build water confidence or improve their stroke and stamina. Lessons run on Wednesday evening during the term.

Stage 9 +
Advanced skills and completion of a circuit. Introduction to competitive strokes and turns. Preparing pupils for entry into a swimming club or rookie lifeguard.

Swim Club
If you enjoy swimming and want to be a part of a progressive and enjoyable club, why not come and join us.