



## **Swimming Lessons**

### **Guide to booking the correct stage.**

#### **Discovery Ducklings**

- Suitable for children aged 12 - 35 months old.
- This is a parent-assisted class. Parents/guardians will be required to support their child in the water. Please note – we operate a strict 1 adult to 1 child ratio.
- Parents will be taught how to hold their child correctly and build their child's confidence in and around the water.

#### **Ducklings**

- Suitable for children aged 3 - 5 years old.
- Two qualified instructors will be in the water for these lessons.

#### **Stage 1**

- Suitable for school-aged children between the ages of 4 – 7.
- This is a beginner-level class
- Swimming instructors teach these lessons in the water at the shallow end.



## **Stage 2**

- Suitable for school-aged children between the ages of 5 – 7 who have either completed Stage 1 or:
  - Be happy with their face in the water whilst blowing bubbles.
  - Be able to swim 5 metres on their front unaided (no floats, noodles, armbands or float suits) and without putting their feet on the pool floor.
  - Be able to swim 5 metres on their back unaided and without putting their feet on the pool floor.
  - Have an understanding or be able to glide and float on both front and back.

## **Stage 3**

- Suitable for school-aged children aged 6 years or older who have either completed Stage 2 or can:
  - Push and Glide on both front and back.
  - Float on both their front and back.
  - Swim 5 metres front crawl and be able to take a breath and continue swimming without putting their feet down.
  - Swim 5 metres backstroke without putting their feet on the floor.
  - Swim breaststroke legs on their front.



## **Stage 4**

- Suitable for school-aged children aged 7 years or older who have either completed Stage 3 or can:
  - Swim at the deep end of the pool, where they are unable to touch the pool floor.
  - Swim 10 metres front crawl and be able to breathe regularly to the side
  - Swim 10 metres backstroke, showing high arms and long legs.
  - Swim 5 metres breaststroke, showing an effective arm pull and leg kick with their feet flexed/turned out
  - Swim butterfly body action. Competence of the arm action would also be desirable.

## **Stage 5**

- Suitable for school-aged children aged 7 years or older who have either completed Stage 4 or can:
  - Swim at the deep end of the pool, where they are unable to touch the pool floor.
  - Swim 10 metres front crawl and be able to do effective breathing to the side every third stroke.
  - Swim 10 metres backstroke, showing high arms and long legs.
  - Swim 10 metres breaststroke, showing an effective arm pull and leg kick, with an understanding of breaststroke timing.
  - Swim 5 metres butterfly.
  - Tread Water for 20 seconds.



## **Stage 6**

- Suitable for school-aged children aged 7 years or older who have either completed Stage 5 or can:
  - Swim at the deep end of the pool, where they are unable to touch the pool floor
  - Swim 15 metres front crawl and be able to do effective breathing to the side every third stroke.
  - Swim 15 metres backstroke, showing high arms and long legs.
  - Swim 15 metres breaststroke, showing an effective arm pull and leg kick, with an understanding of breaststroke timing.
  - Swim 15 metres Butterfly.
  - Tread Water for 30 seconds.

## **Stage 7**

- Suitable for school-aged children aged 7 years or older who have either completed Stage 6 or can:
  - Swim at the deep end of the pool, where they are unable to touch the pool floor.
  - Swim 20 metres front crawl and be able to do effective breathing to the side every third stroke.
  - Swim 20 metres backstroke, showing high arms and long legs.
  - Swim 20 metres breaststroke, showing an effective arm pull and leg kick, with an understanding of breaststroke timing.
  - Swim 15 metres butterfly.
  - Swim 25 metres in one of the 4 recognised strokes.
  - Tread Water for 30 seconds.
  - Surface dive either feet or head first.



### **Stage 8**

- Suitable for school-aged children aged 7 years or older who have either completed Stage 7 or can:
  - Swim at the deep end of the pool, where they are unable to touch the pool floor.
  - Swim 25 metres front crawl and be able to do effective breathing to the side every third stroke.
  - Swim 25 metres backstroke, showing high arms and long legs.
  - Swim 25 metres breaststroke, showing an effective arm pull and leg kick, with an understanding of breaststroke timing.
  - Swim 25 metres Butterfly.
  - Swim 100 metres in one of the 4 recognised strokes continuously or a mixture of strokes.

### **Stage 9 , 10 or Rookie Lifeguard**

- Suitable for school-aged children aged 8 years or older who have either completed Stage 8 or can:
  - Swim at the deep end of the pool, where they are unable to touch the pool floor.
  - Swim 100m without stopping in 1 or more strokes.
  - Swim front crawl, backstroke and breaststroke.
  - Tread water for 1 minute.
  - Swim underwater.
  - Jump in or dive from the side of the pool.