



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 - 4 years old.

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:
 - o Be happy with their face in the water whilst blowing bubbles.
 - o 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.
 - o Be able to swim 5 metres on their back unaided and without putting their feet on the pool floor.
 - o 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:
 - o Push and Glide on both front and back.
 - o Float on both their front and back.
 - o Swim 5 metres front crawl and be able to take a breath and continue swimming without putting their feet down.
 - o Swim 5 metres backstroke without putting their feet on the floor.
 - o 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:
 - o Swim at the deep end of the pool, where they are unable to touch the pool floor.
 - o Swim 10 metres front crawl and be able to breathe regularly to the side.
 - o Swim 10 metres backstroke, showing high arms and long legs.
 - o Swim 5 metres breaststroke, showing an effective arm pull and leg kick with their feet flexed/turned out.
 - o 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:
 - o Swim at the deep end of the pool, where they are unable to touch the pool floor.
 - o Swim 10 metres front crawl and be able to do effective breathing to the side every third stroke.
 - o Swim 10 metres backstroke, showing high arms and long legs.
 - o Swim 10 metres breaststroke, showing an effective arm pull and leg kick, with an understanding of breaststroke timing.
 - o Swim 5 metres butterfly.
 - o 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:
 - o Swim at the deep end of the pool, where they are unable to touch the pool floor.
 - o Swim 15 metres front crawl and be able to do effective breathing to the side every third stroke.
 - o Swim 15 metres backstroke, showing high arms and long legs.
 - o Swim 15 metres breaststroke, showing an effective arm pull and leg kick, with an understanding of breaststroke timing.
 - o Swim 15 metres Butterfly.
 - o 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:
 - o Swim at the deep end of the pool, where they are unable to touch the pool floor.
 - o Swim 20 metres front crawl and be able to do effective breathing to the side every third stroke.
 - o Swim 20 metres backstroke, showing high arms and long legs.
 - o Swim 20 metres breaststroke, showing an effective arm pull and leg kick, with an understanding of breaststroke timing.
 - o Swim 15 metres butterfly.
 - o Swim 25 metres in one of the 4 recognised strokes.
 - o Tread Water for 30 seconds.
 - o Surface dive either feet or headfirst.

Stage 8

- Suitable for school-aged children aged 7 years or older who have either completed Stage 7 or can:
 - o Swim at the deep end of the pool, where they are unable to touch the pool floor.
 - o Swim 25 metres front crawl and be able to do effective breathing to the side every third stroke.
 - o Swim 25 metres backstroke, showing high arms and long legs.
 - o Swim 25 metres breaststroke, showing an effective arm pull and

- leg kick, with an understanding of breaststroke timing.
- o Swim 25 metres Butterfly.
- o 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:
 - o Swim at the deep end of the pool, where they are unable to touch the pool floor.
 - o Swim 100m without stopping in 1 or more strokes.
 - o Swim front crawl, backstroke and breaststroke.
 - o Tread water for 1 minute.
 - o Swim underwater.
 - o Jump in or dive from the side of the pool

Fly Swim Academy

Fly swim academy is a structured session aimed for swimmers under 18 years old, who have completed stage 6 or above. The aim of these sessions will be to learn how to train just for fitness and/or prepare swimmers for any potential future competitions that we may hold. Children can do the academy alongside their current lesson if they wish, or if they've finished lessons but would like to keep swimming with some structure.

Below is an example of skills that will be taught during these sessions:

- Diving
- Tumble turns & specific swim stroke starts
- Lane etiquette
- Following programmes, including drills, fitness and methods of training
- Appropriate warm-ups and cool downs for swimming
- Speed work - races & medleys
- Focus stroke blocks (i.e. Breaking down specific stroke techniques over a couple of weeks)