

TSA abilities and descriptions

Foundation

This course is designed for children aged 3 years and up who are unable to swim without support or buoyancy aids. The aim is to develop water confidence, kicking and floatation skills. Children will progress up to the Early Swimmer group once they can float independently on front & back, streamline confidently and kick effectively for 5 metres on front & back. Children must be confident with their face in the water. (Awards covered: Duckling awards & ASA Stage 1)

Early Swimmer

This course is designed for children who are confident in the water and are able to swim small distances independently without the use of floatation aids. The aim is to develop front & back crawl strokes, introducing breathing skills and focussing on developing a relaxed and streamlined body position. Children will progress to an improver group once they perform consistent 10 metre swims on their front and back. (Awards covered: ASA Stage 2 & 3)

Early Swimmer 2

This course is designed for children who are confident in the water and are able to swim independently between 5-10 metres with recognisable strokes. At times this class will take part in deeper areas of the pool and at times the instructor delivers the lesson from poolside. The aim is to develop front & back crawl strokes over 10 metre distances, introducing breathing skills and focussing on developing a relaxed and streamlined body position. (Awards covered: ASA Stage 2 & 3)

Improver (Half Lengths)

This course is designed for children capable of swimming a minimum of 10 metre or half lengths distances on front & back crawl (with basic breathing skills, over-arm recovery and a streamlined body position). Children must also have an understanding of breaststroke and butterfly leg kick and must be confident in deeper water and maintain their skills regardless of depth (up to 1.5m deep). The course aims to develop stamina and techniques relating to all of the four strokes, with specific focus on leg kick and co-ordination of strokes. Once children are swimming 25 metre distances confidently and with good style, they will be considered for a higher level group. (Awards covered: ASA Stage 4 & 5)

Improver

This course is designed for children capable of swimming 10 metre distances on front & back crawl (with breathing skills, over-arm recovery and a streamlined body position). Children must also have an understanding of breaststroke leg kick and must be confident in deeper water and maintain their skills regardless of depth (up to 1.5m deep). The course aims to develop stamina and techniques relating to all of the four strokes, with specific focus on leg kick and co-ordination of strokes. Once children are swimming 25 metre distances confidently and with good style, they will be considered for our Advanced level groups. (Awards covered: ASA Stage 4 & 5)

Improver (Full Lengths)

This course is designed for children capable or are building up their stamina to swim full lengths (25 metres) on front & back crawl and who are ready to build stamina and learn more complex skills. Children must have a good grasp of breaststroke and butterfly. The course aims to develop stamina

and techniques relating to all of the four strokes, with specific focus on leg kick and co-ordination of strokes. Once children are swimming 25 metre distances confidently and with good style, they will be considered for our Advanced level groups. (Awards covered: ASA Stage 4 & 5)

Advanced

This course is designed for children with defined techniques across all four strokes. They must be able to maintain their skill for a minimum of 25metres for front and back and 10 metres on breaststroke and butterfly. The course aims to develop endurance, whilst incorporating competitive skills working to achieve the higher Stage awards of the Learn to Swim Framework. Other skill sets such as the Rookie Lifeguard can be covered at this level. Once swimmers are working above Stage 7, there may be opportunities for them to be accepted into a swimming club, should they desire to follow this route. (Awards covered: Stage 6 -10)

Rookie Lifeguard

The Rookie skills make Rookies aware of how to take better care of themselves, their family and friends, and give them the information they need to promote water safety in their day to day activities. The awards contain survival, rescue and sports skills as well as Life Support and water safety elements.

Swim Fitness (Child)

A swimming lesson designed for children who are at the top end of the Learn to Swim Pathway and are looking for more challenging swim sessions. The classes encapsulate elements of competitive swimming whilst focusing on building stamina and endurance.

Swim Fitness (Adult)

Swimfit is all about getting results and helping you achieve your goal, whether that is to lose weight, to tone, to improve technique or just to become fitter and strong. Each session is 1 hour long