

## **Becky Adlington Swimstars**

### **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. This ability group may use arm disks and woggles where required as floatation aids, to assist swimmers development and safety. (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)

### **Improver (Half Lengths)**

For children who are ready to move from ES and begin swimming over greater distances in the main pool but would benefit from swimming half lengths to begin with so they are not overwhelmed. In order to maintain high levels of technique it is of benefit to a large number of children to cover half of the main pool rather than full lengths to begin with. Children should all be capable of covering 25m but technique only needs to be maintained for 12.5m.

### **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)

**Advanced**

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)