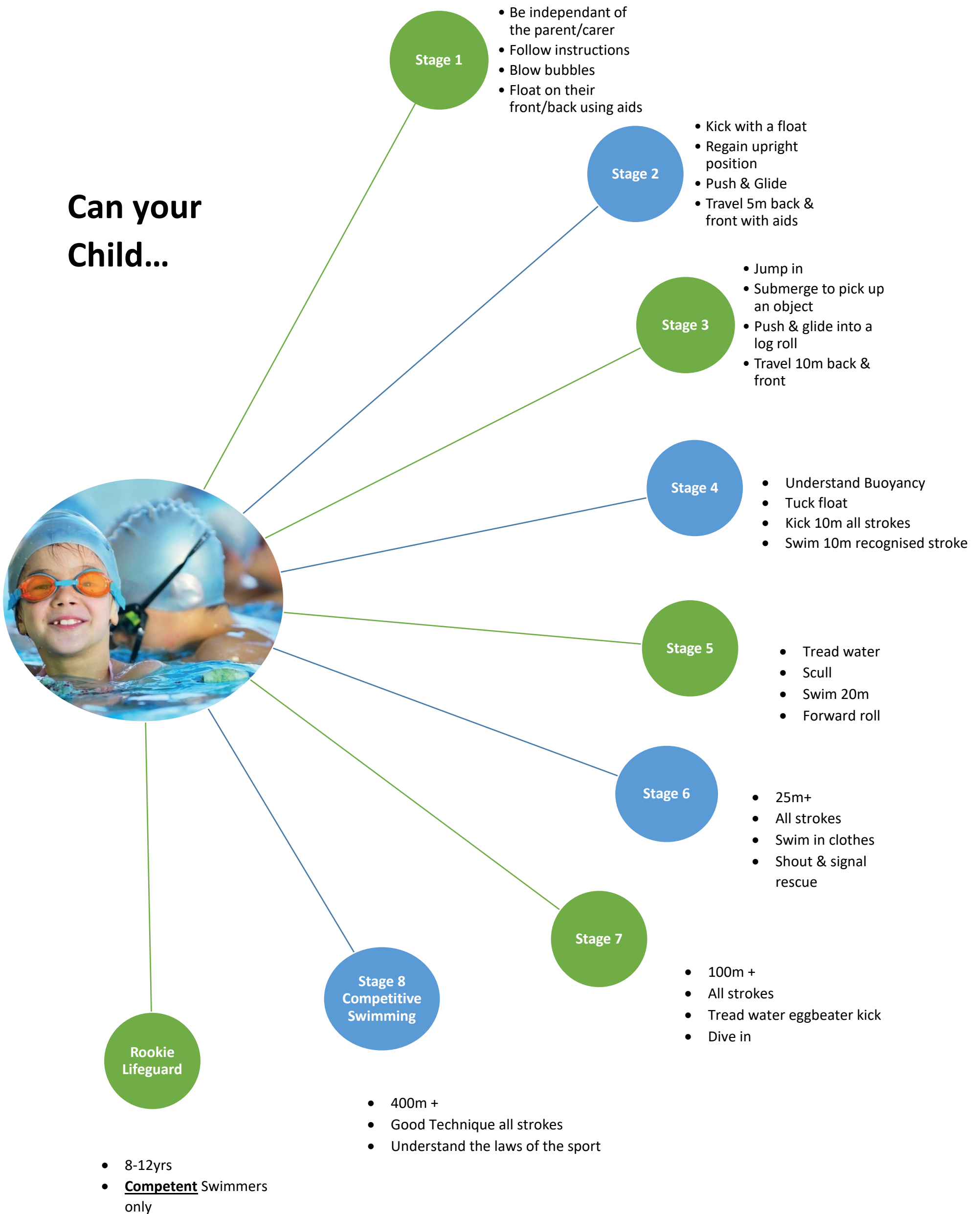


A guide to booking your child on the correct stage

Can your Child...



If your child can achieve everything written by the Stage number your child will be in the next stage up.

ASA Learn to Swim Framework Stages 1-7

Implementation of Stages 1-7 will result in the development of a wide range of skills, resulting in a competent, confident and safe swimmer.

STAGE 1
Developing basic movement and water confidence using aids and support in the water.
STAGE 2
Developing safe entries, basic floating, travelling and rotating independently using aids.
STAGE 3
Developing submersion, water safety and travelling up to 10m on front & back unaided.
STAGE 4
Developing an understanding of buoyancy, kicking technique & 10m recognised stroke.
STAGE 5
Developing sculling, treading water and aiming for 25m, developing all stroke techniques.
STAGE 6
Developing swimming skills, water safety and preparation for exercise. 50m+.
STAGE 7
Developing stroke technique up to 100m and incorporating a range of skills.

ASA Adult Learn to Swim Framework Stages 1-7

STAGES 1-3 (Beginner)
Adult beginner, nervous swimmer, has not had lessons before and/or cannot swim.
STAGES 4-5 (Beginner +)
Adult improver, no real technique, can swim up to 25m maximum.
STAGES 6-7 (Improver)
Adult stroke sessions, wants to learn a new stroke, 50m+ swimmers.

ASA Aquatic Skills Framework – Stage 8 Competitive Swimming

Once a swimmer has reached stage 7, they are encouraged to develop fundamental sports skills. Competitive swimming is a fantastic way to put skills learnt into speed and stamina and is the first step to training in a competitive environment, i.e. within a local swimming club.

STAGE 8
Developing stamina up to 400m. Understanding the laws of all turns and improving kick strength.

SwimFit

SWIMFIT
100m+ swimmers, fairly good technique, wants to improve stamina and fitness.

Pre-School

PRE-SCHOOL
Giving your children water confidence and the abilities necessary to progress to stage 1 of the ASA framework above