

Stepping Stones



Swimming Levels

Pre School

For children aged 3 to 5 years, this class helps to develop aquatic skills such as floating, breath control and water confidence, essential for efficient stroke development.

Children enter the water without their parents. Teachers use games, songs and nursery rhymes to motivate and enthuse the children, whilst simultaneously developing strokes and skills. Lead teachers guide from the poolside and assistant teachers are often available in the water to support classes.



Beginners 1

For children new to swimming or those who are not yet swimming up to a distance of five metres. Children may need to use buoyancy aids such as arm-bands or floating discs. Children work on early stroke development, but focus on skills and confidence to ensure they are relaxed and comfortable in the water.

Beginners 2

For children who are water confident and can swim up to five metres on their front and back in a recognised stroke. Children must be able to submerge and demonstrate basic breath control to ensure practises and drills are purposeful.



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Swimming Levels

Improvers

For children who are water confident and can swim up to 10 metres on their front and back in a recognised stroke. Classes focus on further stroke and skill development, whilst helping develop deep water confidence. Children begin to swim greater distances to ensure strength, stamina and water fitness.



Stroke Development 1

For children who are water confident and can swim up to 25 metres of backstroke, front crawl and breast stroke. Children should also have an understanding of the butterfly stroke and be able to attempt a swim up to 10 metres.

The classes ensure stroke techniques gaining in efficiency, strength and confidence whilst introducing regular tumble turns and competitive starts.



Stroke Development 2

For children who are deep water confident and can swim up to 50 metres of backstroke, front crawl and breast stroke. Children should also have an understanding of the butterfly stroke and be able to attempt a swim of up to 15 metres. Children work on competitive starts, turns and lane swimming principles, whilst also enjoying a range of other activities such as rookie life-saving, diving, water polo and synchronised swimming.

