

Swimming Lessons Scheme

Swimwear – children should wear a full piece swimming costume or tight fitting trunks and a swimming hat.

Badge 1

Goggles should not be worn as children need to be confident and relaxed with their faces in the water.

Different floating positions and regaining standing
Kick on back – support is reduced as the child is ready 5m badge
Kick streamlined on back 10m badge
Rhythmical breathing Underwater confidence work
Streamline and kick on front, face in 5m badge
Rotations – front to back and back to front
Deep water confidence & safety
Breaststroke feet

Children achieving badge 1 should be confident at relaxation and stretched floats, underwater and in the deep. They will have achieved 10m controlled kick on their back and be able to rotate from front to back keeping a good alternating leg kick.

Badge 2

Underwater work and rhythmical breathing
10m extended front paddle, face in – breathing to the side 10m front badge
10m sculling
10m backstroke continuous arms 10m backstroke badge
Fly kick I can swim like a dolphin badge
Breaststroke legs front and back (whip kick)
Deep water confidence
Minimum of 5m over arm recovery on front crawl – breathing to the side

Children achieving badge 2 should have streamlined starts front and back, 10m continuous backstroke, 5m minimum front crawl arms, breaststroke legs front and back. They will have a good 'feel' for the water and be confident underwater and in the deep.

Badge 3

Goggles should now be worn!

10m front crawl with bilateral breathing 10m front crawl badge
25m back stroke 25m backstroke badge
10m breaststroke 10m breaststroke badge
10m Fly kick
10m Sculling head first and feet first
10m underwater swim
Forward and backwards somersaults
Dive

Children are, at a minimum, able to swim 25m backstroke, 10m breaststroke, 10m front crawl and 10m fly kick and will have improved their rotation and sculling skills.

Children will be invited to attend the stroke development course for **free** during B3 to improve the speed of progression through the later badges.

Badge 4

25m Front crawl
25m Breaststroke
50m Swim 50m badge
Dive
Sculling sequence
Water polo skills
Personal survival/Lifesaving skills
100m Swim 100m badge

Children reaching the end of badge 4 will swim 25m front crawl, 25m breaststroke and will have experienced a range of skills from additional disciplines such as synchronised swimming, water safety, water polo and diving.

What's next?

Stroke Development Course

Children will be invited for **free** to the stroke development course when they have achieved 25m backstroke, 10m breaststroke kick and 10m front crawl with breathing to the side. This course will help them to progress through badge 3 and 4 at a much faster rate.

Coaching Course

Children from the stroke development course will be invited to the coaching course, held at Grand Central Pools, Stockport and will work alongside the World class swimming programme, Stockport Metro (www.stockport-metro.co.uk) Children will swim alongside the British team and Olympians.. To date Stockport Metro has 4 Olympic medals to its name.

Local Swimming Clubs

From the coaching course children are given information on local swimming clubs and the additional disciplines listed below:

Synchronised Swimming

Available for children happy underwater and confident in the deep, synchronised swimming combines swimming, music and dance

ASA Challenge Awards

Bronze, Silver and Gold Challenge Awards

Rookie Lifeguard

Rookie lifeguard covers personal safety and lifesaving principles for children finishing the coaching course

For more information please contact swimming@lifeleisure.net

Frequently Asked Questions

1. Can my child wear goggles?

Goggles should not be worn until badge 3 as children need to be confident and relaxed underwater with their eyes open. If your child needs goggles for a medical reason please let the swimming teacher know.

2. It looks like my child's teacher is giving too much support to my child – they can swim when they are with me!

The swimming teachers will reduce support as your child is ready. They will always be nearby your child and will hold back on if your child's body position is not correct. It can sometimes look like teachers are holding your child when in fact they have let go!

3. My child can swim lengths with me. Why are they only doing widths in their swimming lesson?

The Stockport Metro scheme works on stroke technique and the priority is not distance. If the distance is increased too early the stroke deteriorates.

4. Why has my child been working on the same skill over and over again?

To develop the skill accurately it is necessary for teachers to repeat practices, although they will change teaching techniques to keep the children's interest.

5. Has my child moved down a group? They are swimming in a different part of the pool and with different children

Children are placed in groups of the correct ability and are moved as and when they are ready. If a group of children need to work on specific skills they will be placed together. The area of the pool, whether deep or shallow, does not determine the level of the class and teachers will often rotate to give children deep and shallow water experience.

Top Tips for helping your Child

Top tips for helping your child at home in the bath or when you go swimming as a family.

1. Throw out the face cloth and encourage children to get their face wet! Blowing bubbles into the water is also lots of fun!
2. Have fun in the shower!
3. Have lots of fun and splash around!
4. If your child gets splashed or they duck under by accident try not to fuss, just laugh and turn it into a game, give praise, clap; say how clever they were to get their face wet!
5. Smile and show you are enjoying it too!

As children progress:

6. Have lots of underwater fun with them
7. Practice jumping in to parents, allow children to sink under before you catch them