

Sports Generation Swim schools

COURSE	CLASS SIZE	DESCRIPTION / CLASS ENTRY CRITERIA	ASA BADGE EQUIVALENT	NATIONAL TEACHING PLAN LEVEL
Parent & Baby	12	This class enables you to to introduce your child to the pool. Fun and games with parents in the water. Critical time for your child to become water confident and get used to enjoying the pool. 3 – 18 months.	N/A	Foundation
Parent & Toddler	12	Happy with noodles/buoyancy aids. Fun and games promoting water confidence and awareness. 18 months – 2.5 years.	DUCKLING 1-3	Ducklings
Non-Swimmers	4	Swims with floats/noodles. Nervous swimmers who are using swimming aids. 2.5 years – 4.5 years.	DUCKLING 4	Ducklings/ Stage 1
Beginners	4	Children must be water confident, try and swim without aids and to be happy to put their face into the water.	WATER SKILLS 1	Stage 2
Beginner 1	4	Water confident but cannot swim any recognised strokes. Able to swim on front and back 5m minimum	5M /WATER SKILLS 2	Stage 3
Beginner 2	4	Basic recognizable strokes on front and back. Must be able to swim 10m on both.	10M/WATER SKILLS 3	Stage 4
Beginner 3	6	Confident in front crawl /breaststroke and back crawl. This class is aimed at improving stamina and stroke development in preparation for lengths. Children must be able to swim 20m.	25M BADGE	Stage 5
Improver 1	6	Able to swim 40m comfortably on front and back. Technique in three major strokes to a fair standard. Confident in deep water.	100M/WATER SKILLS 4	Stage 6
Improver 2	6	Good developed stroke co-ordination in the three main strokes. Able to swim 80 -100m.	200M/WATER SKILLS 5	Stage 7
Improver 3	8	Competent and strong in the three main strokes and fair understanding of butterfly. Good diving technique. Able to swim 200-400m.	600M/WATER SKILLS 6	Stage 8
Pre-Squad	8	Competent in all four strokes. Junior swimmers up to the age of 9yrs. Preparing for 60 minute swim.	800M BADGE	Stage 9
Squad	8	As above, 10yrs plus, plus a 60 minute swimming lesson.	1500M BADGE	Stage 10