



Learn to Swim Section

Dear Parent

On Sunday 1st August 2010 all the members of the Learn to Swim groups will be given a coloured swimming cap. The specific colours relate to the colours of the stages 1-6 in the National Plan for Teaching swimming. The idea was suggested by our new Assistant Head Coach, Mike Wilson, and worked successfully at his previous club. The main attributes of the initiative are as follows:

- **The teacher can immediately identify the attainment stage of each swimmer**
- **For safety reasons - keeps long hair out of the swimmers eyes and the teacher can instantly recognise the group members**
- **Gives the swimmer tangible recognition of achievement**

Beginners



Stage 1 Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use aids, e.g. arm bands, floats etc.



Stage 2 Developing safe entries to the water, including jumping in, basic floating, travel and rotation unaided to regain upright positions. Swimmers may use aids, e.g. arm bands, floats etc.

Improvers



Stage 3 Developing safe entries including submersion, travel up to 10m on the front and back, progress rotation skills and water safety knowledge.



Stage 4 Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, and swimming 10m to a given standard as directed by the ASA.

Skills



Stage 5 Developing 'watermanship' through sculling and treading water skills, and complete rotation, also performing all strokes to the given standard as directed by the ASA.



Stage 6 Developing effective swimming skills including coordinated breathing; developing the water safety aspects and understanding of preparation for exercise.

All swimmers in the above groups will be given the appropriate hat, and will be expected to wear it at every session. Should the swimmer lose or damage their hats, replacements will be available at a cost of £1.

Thanks for your cooperation.

Susan Walsh (Pioneer 79 Learn to Swim)

