

YOUNG SWIMMERS

Foundation Stage:

Pre-School (3-4 yrs)

This is the programme for early years water confidence. The emphasis is on the development of basic motor skills, introduction to water and the swimming environment through fun and games.

LEARN TO SWIM

FUNDamental Movement Skills STAGES 1-7

Stage 1—Beginner 1 (4 years +)

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

Stage 2—Beginner 2 (4 years+)

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

Stage 3—Intermediate 1 (5 years+)

Developing safe entries including submersion, travelling up to 10 metres on the front and back, rotation skills, water safety knowledge and submersion techniques.

Stage 4—Intermediate 2

Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, and swimming 10 metres on one stroke to a given standard as directed by the asa.

Stage 5—Improver 1

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

Stage 6—Improver 2

Developing effective swimming skills including co-ordinated breathing; developing water safety skills and understanding of preparation for exercise. Working towards swimming 25 metres to asa expected standards on all four strokes.

Stage 7—Improver 3

Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routine. Complete successfully an obstacle course that combines a variety of skills accomplished throughout stages 1-7. Swimmers will work towards swimming 50 metres to asa expected standards on all four strokes.

AQUA SWIMMING CLUB

Fundamental Sports Skills STAGES 8-10

Stages 8-10—Aqua Swimming Club:

Once the swimmer has developed the core range of skills required to be confident, competent and safe in the water through stages 1-7, the swimmer can focus on the development of competitive swimming techniques such as advanced skills for speed on all four strokes, turns and following specified training sets and programmes.

DIRECTIONS

Kent College, Pembury: From *Tonbridge*—follow A21 towards Pembury. Take first turning left after the Shell Garage (signposted Pembury Old Church & Kent College). At T-junction turn left. Take first right into school grounds, sign posted School Pool & Pre-School. Follow to the pool and car park. The pool is located in a log style building.

From Tunbridge Wells: take A228 to Pembury towards East Peckham. Turn left into Church Road after 1 mile signed 'Kent College'. Follow school signs as above.

Walthamstow Hall: Located in Holly Bush Lane, Sevenoaks. Enter school grounds to car park via the lower gate (50 metres from main school entrance). From the car park walk between The Ship Theatre and the main building, carry straight on keeping the Salmon Wing on the left. At the eastern (playing field) end of Salmon Wing the path bears round to the right which leads to the entrance of the swimming pool.



AUTUMN PROGRAMME 2010



Michael Phelps—multi-winning Olympic Gold medallist

at
**Walthamstow Hall School,
Hollybush Lane
Sevenoaks TN13 3UL
&
Kent College,
Pembury, Tunbridge Wells
TN2 4AX**

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Swim School Member



Welcome to Aqua Swimming.....

Aqua Swimming has developed a 'Learn to Swim' programme which takes swimmers from infants through to a competitive club standard. The emphasis is to have fun in the water through recognised swimming practices, ensuring that all those joining the programme learn a consistent level of skill at each stage of their personal development. The programme centres on three stages:-

- ◆ **Young Swimmers:**
(Foundation: 3 to 4 years)
- ◆ **Learn to Swim:**
(FUNDamentals: 4–8 years)
- ◆ **Club Swimmers:**
(Fundamental Sports Skills: approx 8 years and older).

The programme encompasses the ASA (Amateur Swimming Association) NPTS (National Plan for the Teaching of Swimming). The NPTS was first launched in 1997 and has been introduced for beginners to advanced level, developing a wide range of skills in the water. All classes at Aqua Swimming are conducted in very small groups (average of 6– 8 pupils).

Aqua Swimming follows the NPTS from Foundation Stages (Pre-School classes 3-4 yrs); 'Learn to Swim' (Stages 1–7) through to club level swimmers (Stages 8–10) as listed overleaf.



WALTHAMSTOW HALL SCHOOL

SEVENOAKS

Saturdays

11.30–1.30 pm

Young Swimmers (Foundation: 3–4 yrs) to

Learn to Swim (4–8 years)

1.30–2.30 pm

Competitive & Aqua SC (8 years +)

Mondays

5.30–7.30pm

Learn to Swim (4–8 years)

6.30–7.30 pm

Competitive & Aqua SC (8 years +)

Wednesdays

4.30–6.00 pm

Learn to Swim (4–8 years)

6.00–7.00 pm

Competitive & Aqua SC (8 years+)

Term Dates

Saturdays: 11 Sept–27 Nov (NOT 25 Sept & 23 Oct)

Mondays: 13 Sept–22 Nov (NOT 25 Oct)

Wednesdays: 15 Sept–24 Nov (NOT 27 Oct)

Course Fees

Saturday, Mondays & Wednesdays:

per ½ hour—£79.00 . ¾ hour £118.00

Competitive 1 hour session- £143.00

Aqua SC fees available by contacting the Aqua Office

KENT COLLEGE, PEMBURY TUNBRIDGE WELLS

Saturdays

3.45–6.15 pm

Young Swimmers (Foundation: 3–4 yrs) to

Learn to Swim (4–8 years)

Term Dates

Saturdays: 11 Sept–20 Nov (NOT 23 Oct)

Course Fee

£79.00 per ½ hour

GENERAL INFORMATION

COURSE FEES **MUST** BE PAID, IN FULL, BEFORE COMMENCEMENT OF THE TERM
Please make cheques payable to 'Aqua Swimming Ltd'
with swimmer's name on reverse.

Swim hats & goggles must be worn at all times - these can be obtained from the Aqua Swimming Office.

Aqua Swimming Club

*Mondays, Wednesdays & Saturdays
in Sevenoaks*



Aqua Swimming Club is a registered ASA National Affiliated Swimming Club.



Swimmers wishing to take their swimming to a higher level can now join this additional Competitive training session on either a Monday, Wednesday or Saturday. Please contact the 'Aqua Office' for further details.