

NWL Swim Academy Swimmers Journey



www.nwleics.gov.uk/nwlswimacademy

Foundation Stage - Swim a Song

Step 1: (0-18months)

By the end of this step participants will be able to (buoyancy aids and support can be used for this step)

- Enter the water comfortably supported fully by an adult.
- Kick/ move legs with adult support
- Allow for their face to be wet by adult
- Float with adult support on their front or back
- Place feet on wall with adult support. Adult then supports a push off wall and glide
- Travel in different directions with adult support.
- Splash water with their hands
- Reach and grab a toy
- Move from horizontal to vertical position with adult support
- Exit the water safely with adult support.

Step 2: (18-24 months)

- Enter the water comfortably supported by an adult. Swimmers should wait for adult instruction before entering water
- Kick and move legs continuously
- Put face in the water and dip chin and mouth in and out independently
- Travel on front and back for 2 metres with adult support
- Float on front with/ without adult support
- Float on back with/ without adult support

- Push and glide off wall with adult support
- Paddle with hands and feel the water
- Reach, grab and throw toys in the water
- Rotate 180° either horizontally and vertically with adult support
- Exit the water safely with adult support.

Step 3: (24- 36 months +)

- Enter the water safely where safe and reasonably practical without adult support but under close supervision
- Kick legs simultaneously and travel 2metres with adult support
- Put face in the water and blow bubbles
- Travel on front for 2 metres using aids with adult support
- Travel on back for 2 metres using aids with adult support
- Push and glide from wall without support of parent
- Perform a star float on back with adult support behind the head and return to vertical position
- Use arms and legs to travel 2 metres in any direction without support
- Reach and catch toys on top of and under surface of water
- Rotate 180° either horizontally or vertically without adult support
- Exit the water safely with adult supervision.

Foundation Stage - Duckling 1

To complete Duckling 1, all swimmers must be able to complete the following criteria:

- Make a supervised safe entry with adult support
- Kick two metres on the back with adult support
- Float on back with adult support behind the head
- Blow bubbles at the water surface
- Wet the head without submersion
- Travel without assistance two metres to a floating object

Foundation Stage - Duckling 2

To complete Duckling 2, all swimmers must be able to complete the following criteria:

- Make a sitting entry with adult support
- Blow an object for a distance of two metres
- Using a baby seat or other buoyancy aid, rotate through 180° without assistance
- Move five metres along the rail or wall without assistance
- Travel three metres using arms and or legs without assistance
- Submerge the face with confidence

Foundation Stage - Duckling 3

To complete Duckling 3, all swimmers must be able to complete the following criteria:

- Make a supervised jump to an adult with or without support
- Kick five metres on the front holding a float (the adult may hold the other end of the float)
- Blow bubbles with the mouth underwater
- Float on front or back without adult support
- Travel five metres on the front to the side of the pool
- Show a torpedo shape on front or back when pushed to a partner

Foundation Stage Duckling 4

To complete Duckling 4, all swimmers must be able to complete the following criteria:

- Jump unaided, but supervised into the water
- Submerge completely
- Rotate through 360° either horizontally or vertically.
- Show a mushroom or star float
- Travel without assistance 10 metres on the front or back
- Climb out of the water with assistance if required

ASA Frameworks Stage 1 to 7

Stage 1

To complete Stage 1, all swimmers will be able to complete the following criteria, without adult support:

- Enter the water safely
- Move forward for a distance of 5 metres
- Move backwards for a distance of 5 metres
- Move sideways for a distance of 5 metres
- Scoop the water and wash the face
- Be at ease with water showered from overhead
- Move into a stretched floating position using aids, equipment or support
- Regain an upright position from on the back with support
- Regain an upright position on the front with support
- Push and glide in a horizontal position to or from a wall
- Take part in a teacher lead partner orientated game
- Demonstrate an understanding of pool rules
- Exit the water safely

In addition, swimmers will also need to complete the following badges:

- > Puffin
- > Stage award
- > Alpha Steps 1, 2 and 3 if required

Stage 2

To complete Stage 2, all swimmers will aim to complete the following criteria, without adult support or aid:

- Jump in from poolside safely
- Blow bubbles a minimum of 3 times rhythmically with nose and mouth submerged
- Regain an upright position from the back without support
- Regain an upright position from the front without support
- Push from wall and glide on back
- Push from wall and glide on front
- Travel on the front for 5 metres, aids or equipment may be used
- Travel on back for 5 metres, aids or equipment may be used
- Perform a rotation from the front to back to gain an upright position
- Perform a rotation from the back to front to gain an upright position

In addition, swimmers will also need to complete the following badges:

- > 5 metres
- > Stage award

Stage 3

To complete Stage 3, all swimmers will be able to complete the following criteria, without support, aid or equipment:

- Jump in from the poolside and submerge
- Sink, push away from the wall on side and maintain a streamlined position
- Push and glide on the front with arms extended and log roll onto the back
- Push and glide on the back with arms extended and log roll onto the front
- Travel on front, tuck to rotate around the horizontal axis to return on the back
- Fully submerge to pick up an object
- Answer correctly 3 questions on the 'Water Safety Code'
- Travel 10 metres on the back
- Travel 10 metres on the front

In addition, swimmers will also need to complete the following badges

- > 5 metres frontcrawl
- > 5 metres backstroke
- > Waterskills 1
- > Stage award

Stage 4

By the end of this stage all swimmers will be able to complete the following criteria, without support:

- Demonstrate an understanding of buoyancy
- Perform a tuck float for five seconds
- Perform a sequence of changing shapes (3 min) while floating on the surface
- Push and glide from the wall to the pool floor
- Kick 10 metres backstroke
- Kick 10 metres frontcrawl
- Kick 10 metres butterfly
- Kick 10 metres breaststroke on the front
- Kick 10 metres breaststroke on the back
- Perform on the back a head first sculling action for five metres in a horizontal position
- Travel on back and roll in one continuous movement onto front
- Travel on front and roll in one continuous movement onto back
- Swim 10 metres, own choice to ASA expected standards

In addition, swimmers will also need to complete the following badges

- > Preliminary safety skills
- > 10 metres backstroke
- > Stage award
- > 10 metres frontcrawl
- > Waterskills 2

Stage 5

By the end of this stage all swimmers will be able to complete the following criteria, without support:

- Perform a horizontal stationary scull on the back
- Perform a feet first sculling action for five metres whilst horizontal on the back
- Perform a sculling sequence with a partners for 30-45 seconds to include a rotation
- Tread water for 30 seconds
- Perform three different shaped jumps into deep water
- Swim 15-20 metres backstroke to ASA expected standards
- Swim 15-20 metres frontcrawl to ASA expected standards
- Swim 15-20 metres breaststroke to ASA expected standards
- Swim 10-15 metres butterfly to ASA expected standards
- Perform a handstand and hold for a minimum three seconds
- Perform a forward somersault, tucked, in the water
- Demonstrate an action for getting help

In addition, swimmers will also need to complete the following badges:

- > Waterskills 3
- > 10 metres breaststroke
- > Stage award
- > 25 metres backstroke
- > 10 metres butterfly

Stage 6

By the end of this stage all swimmers will be able to complete the following criteria, without support:

- Demonstrate an understanding of preparation for exercise
- Sink, push off on side from the wall, glide, kick and rotate into backstroke
- Sink, push off on side from the wall, glide, kick and rotate into frontcrawl
- Swim 10 metres with clothes on
- Swim frontcrawl to ASA expected standards to include at least six rhythmical breaths
- Swim breaststroke to ASA expected standards to include at least six rhythmical breaths
- Swim butterfly to ASA expected standards to include at least three rhythmical breaths
- Swim 25 metres, choice of stroke to ASA expected standards
- Perform a 'Shout and Signal' rescue
- Perform a surface dive
- Exit the water without using the steps

In addition, swimmers will also need to complete the following badges:

- > Waterskills 4
- > Personal survival 1
- > 25 metres breaststroke
- > 25 metres frontcrawl
- > 50 metres
- > 100 metres
- > 200 metres
- > Stage award

Stage 7

By the end of this stage all swimmers will be able to complete the following criteria, without support:

- Swim 75 metres backstroke to ASA expected standards
- Swim 75 metres frontcrawl to ASA expected standards
- Swim 75 metres breaststroke to ASA expected standards
- Swim 50 metres butterfly to ASA expected standards
- Perform a movement sequence of one minute duration, in a group of three or more, incorporating a number of the following skills:
 - Sculling - head first, feet first;
 - Rotation - forward/backward somersault, log roll;
 - Floating - star on the front/back, tuck float, create own;
 - Egg beater - moving, lifting one or both arms out of the water, link skills with strokes and sculls
- Perform a sitting dive
- Swim 50 metres continuously using one stroke to ASA expected standards
- Swim 200 metres using a minimum of three different strokes to ASA expected standards
- Tread water using egg beater action for 30 seconds
- Complete an obstacle course (using minimum four objects) with feet off the bottom throughout

In addition, swimmers will also need to complete the following badges:

- > Waterskills 5
- > Bronze challenge
- > 400 metres
- > 25 metres butterfly
- > 600 metres
- > Stage award

Aquatic Skills Framework Stage 8 to 10

Stage 8

By the end of this stage all swimmers will be able to complete the following criteria:

- Complete a set lasting 400m on a specified turn around time set by the coach
- Swim 400 metres continuously using one stroke
- Kick 50-75 metres backstroke with/without using a board
- Kick 50-75 metres breaststroke with/without using a board
- Kick 50-75 metres butterfly with/without using a board
- Kick 50-75 metres frontcrawl with/without using a board
- Perform a backstroke turn from 10 metres in to 15 metres out to ASA expected standards
- Perform a breaststroke turn from 10 metres in to 15 metres out to ASA expected standards
- Perform a butterfly turn from 10 metres in to 15 metres out to ASA expected standards
- Perform a front crawl turn from 10 metres in to 15 metres out to ASA expected standards

In addition, swimmers will also need to complete the following badges:

- > Waterskills 6
- > School Sprint - Bronze
- > Stage award
- > 800 metres
- > Personal survival 2
- > 1000 metres

Stage 9

By the end of this stage all swimmers will be able to complete the following criteria:

- Complete a set lasting 800 metres on a specified turn around time set by the coach
- Swim 800 metres continuously using one stroke
- Swim a continuous 100 metres medley using legal turns
- Perform a 15 metres underwater kick on the front in a streamlined position
- Perform a backstroke start with butterfly kick underwater until 10 metres from the start point and complete remainder of the 25 metres
- Perform a front crawl start with underwater kick until 10 metres from the start point and complete remainder of the 25 metres
- Perform a butterfly start with underwater kick until 10 metres from the start point and complete remainder of the 25 metres
- Perform a breaststroke start with one $\frac{1}{2}$ pull underwater and complete the remainder of the 25m

In addition, swimmers will also need to complete the following badges:

- > Silver challenge
- > 1500 metres
- > 2000 metres
- > Stage award
- > School Sprint - Silver

Stage 10

By the end of this stage all swimmers will be able to complete the following criteria:

Complete a set lasting 1600 metres on a specified turn around time set by the coach

- Swim 1500 metres continuously using one stroke
- Perform a continuous 100 metres individually medley kick using kickboard
- Swim 200 metres individual medley using legal turns
- Perform a 15 metres underwater butterfly kick on the back or front in a streamlined position
- Perform a frontcrawl relay takeover as an oncoming swimmer
- Perform a frontcrawl relay takeover as an outgoing swimmer.

In addition, swimmers will also need to complete the following badges:

- | | |
|------------------------|---------------------|
| > Gold challenge | > Honours challenge |
| > School sprint - Gold | > 3000 metres |
| > 4000 metres | > Stage award |

Congratulations!!!

You have now completed the swimmers journey!

Why not try Synchronised swimming or Rookies next!!

Read on to find out more....

Synchronised Swimming - Stage 8

To complete synchronised swimming Stage 8, all swimmers must be able to complete the following criteria, without adult support:

- Demonstrate a stationary floating position with good body extension and controlled start and finish
- Demonstrate counting to music using two different tempos
- Swim five metres using synchro backstroke, then five metres with a variation
- Swim five metres synchro breaststroke, then five metres with a variation
- in back layout scull continuously three metres head first and travelling feet first
- Using buoyancy aid perform a back layout before finishing in the bent knee position
- Perform Tub
- Perform a 45 seconds to one minute sequence to music, using a variety of skills learnt previously

Synchronised Swimming - Stage 9

To complete synchronised swimming Stage 9, all swimmers must be able to complete the following criteria, without adult support:

- Swim five metre synchro breaststroke then five metre backstroke using a smooth transition
- Move from back layout to bent knee, then lift to ballet leg using buoyancy aid/use pool to support horizontal leg
- Hold a pike position using buoyancy aid
- Perform back tuck somersault
- Perform oyster
- Perform eggbeater travelling three metre return in opposite direction creating an arm movement
- Perform a free first entry with arms extended by ears throughout
- Perform a sequence lasting 45 seconds to one minute to music, and include one stroke (or arm variation) and one figures from the above or from Stage 8

Synchronised Swimming - Stage 10

To complete synchronised swimming Stage 10, all swimmers must be able to complete the following criteria, without adult support:

- Swim 10 metres using two synchro strokes with smooth transition, synchronised with a partner. Music may be used
- Perform egg beater into side flutter kick and back to eggbeater lifting one arm out the water
- Using buoyancy aid, hold either inverted crane, bent knee or split position for five seconds
- Demonstrate support scull standing on bottom of pool
- Travelling head first, back layout to bent knee and return to back layout - five metres
- Perform Marline (1/4 turn)
- Demonstrate a head first entry, return to the surface demonstrating eggbeater
- Perform a sequence for 45 seconds to one minute, to music with a partner or in groups, starting with feet first entry.

Rookies Lifesaving

The Rookie Lifeguard programme is the junior award scheme of the RLSS UK. For most children Rookie Lifeguard will be the first opportunity to explore water safety and alternative safe aquatic play.

The Rookie skills make Rookies aware of how to take better care of themselves, their family and friends, and give them the information they need to promote water safety in their day to day activities. The awards contain survival, rescue and sports skills as well as Life Support and water safety elements.

Rookie Lifeguard is primarily aimed at children aged 8 - 12 years although most of the skills can be taught to people of all ages.

Rookie Lifesaving Awards - Bronze Skills

> Bronze level 1 > Bronze level 2 > Bronze level 3

Rookie Lifesaving Awards - Silver Skills

> Silver level 1 > Silver level 2 > Silver level 3

Rookie Lifesaving Awards - Gold Skills

> Gold level 1 > Gold level 2 > Gold level 3

Survive and Save!!

“Survive & Save” is the new lifesaving standard. There are Bronze, Silver and Gold Levels for you to take part in. You can also choose any one of Medallion, Beach, Stillwater or Sport programmes as areas to specialize in for each medal category.

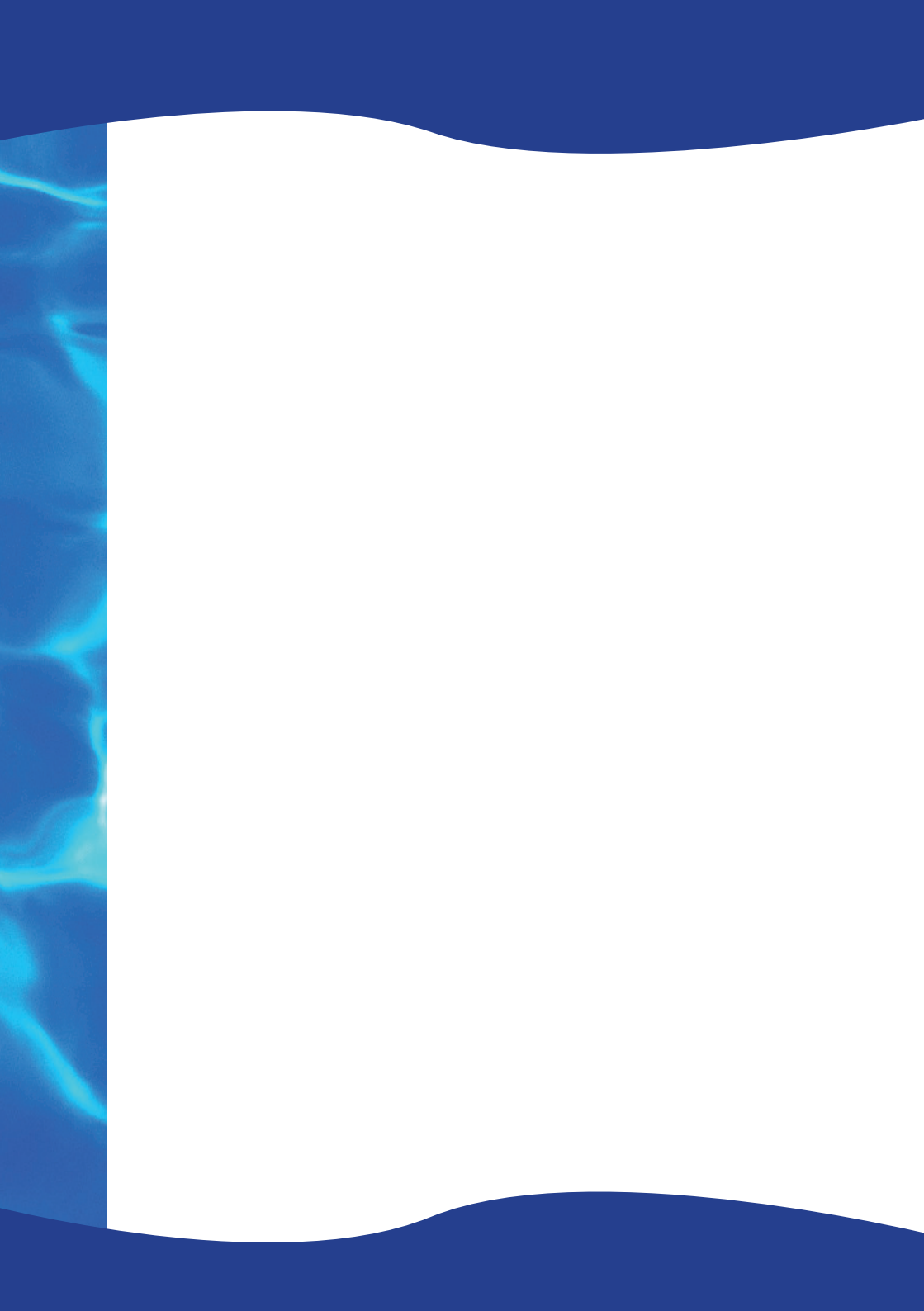
You can complete just one or all four of the specialist areas before you move on to the next medal. Once you have completed the “Survive & Save” programme there is still the ultimate challenge for you - the Distinction Award. This is presented when you have successfully completed 3 Gold Level categories.

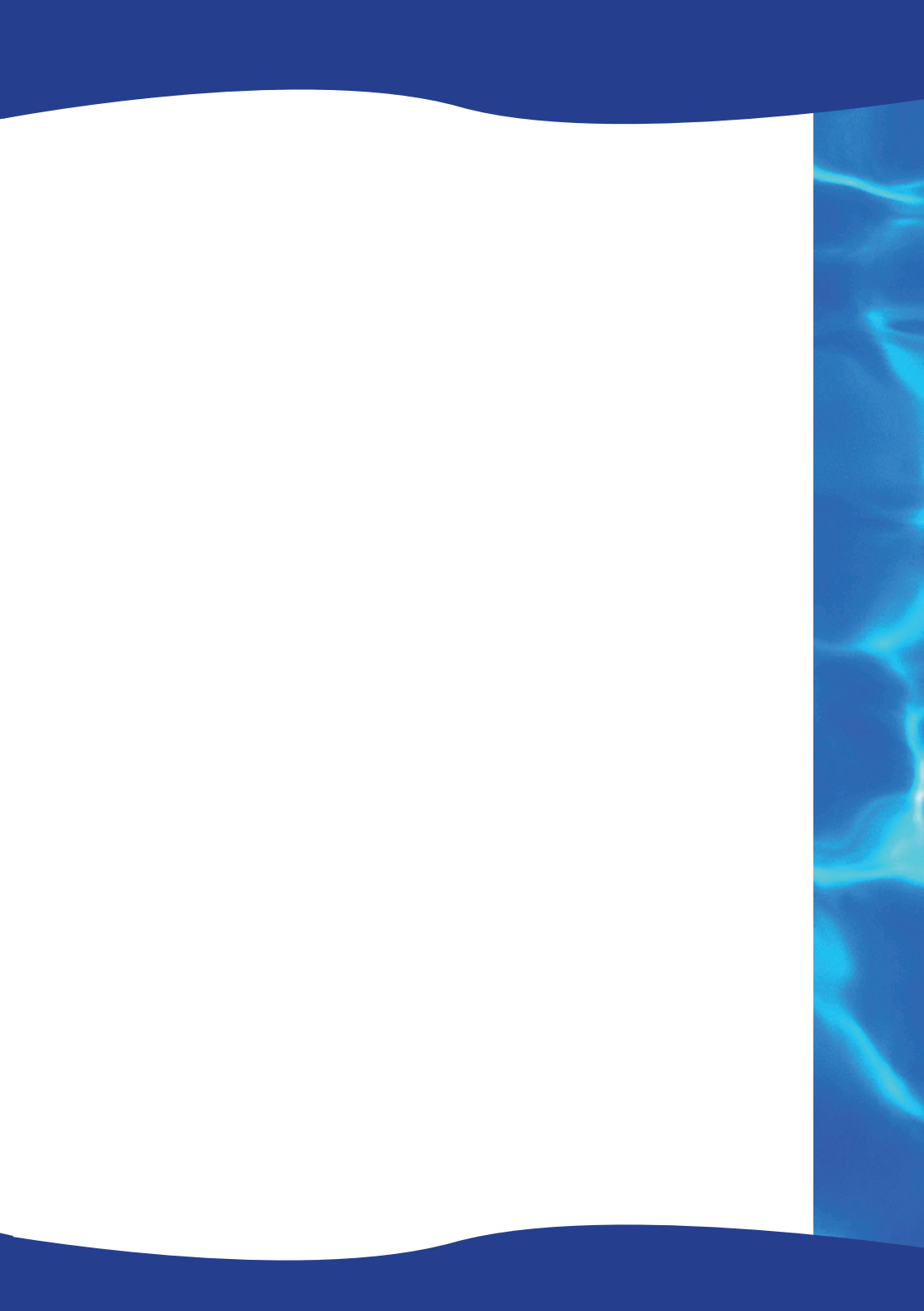
Academy Swim Club Link

Club link sessions are 1 hour in length and are taken by our own Swim Academy instructors. These sessions are aimed to provide a smooth, easy and enjoyable transition from NWL Swim Academy to Coalville swimming club. The focus during these sessions will be on:

- > Stamina training
- > Start and turn techniques
- > Relay techniques
- > Diving techniques
- > Time trailing on all strokes

Throughout these sessions, Academy instructors will monitor each child’s progress and then select swimmers to join Coalville swimming club.





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