



## A Guide to the Swim School levels

Below you will find a summary of the different stages of the National Plan for Teaching Swimming (NPTS).

**PARENT AND CHILD** — these classes are aimed at children aged 18 months to 3 years. The parent will be in the water with the children and will take part in fun and games to build water confidence and the basics of movement within the water.

**ALPHA STAGES** — This class is targeted at children aged 3 and above and aims to teach the basics of movement in the water, and build general water confidence in a safe and supervised environment.

**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.

**STAGE 3** – Developing safe entries including submersion, travel up to 10 metres 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 10 metres to a given standard as directed by the ASA.

**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.

**STAGE 7** – Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills accomplished throughout stages 1 – 7.

Once the Swimmer has developed the core range of skills required to be confident, competent and safe in water through Stages 1 – 7, the Swimmer may then have the choice to take part in different aquatic disciplines. FUNDAMENTAL SPORT SKILLS, STAGES 8 – 10 of the National Plan for Teaching Swimming are available in competitive swimming, water polo, synchronised swimming and diving.

**STAGES 8/9** - These are the first stages of developing competitive swimming skills and include work on stamina and stroke technique. The classes will also look at starts, turns and finishes for use in races and individual meddles. Due to the nature of the criteria that needs to be met, this class will run for 1 hour

**ROOKIE LIFEGUARD** - Rookie Lifeguard is designed for 8-12 yr olds who want to know how to save themselves and other people. The award contains survival, rescue, and sport skills as well as life support and water safety elements in a fun and absorbing way.

Fees include a badge and certificate if awarded at the end of the course