



## HAZEL GROVE AND BRAMHALL ASC SWIMMERS' HANDBOOK: LEARN TO SWIM PROGRAMME

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### Introduction

Our 'learn to swim' programme is delivered in the small pool by a number of experienced and qualified swimming teachers, assisted by poolside and in water helpers. Our programme is based on the [Swim England Learn to Swim Programme](#). It is designed to teach youngsters the basic techniques of swimming and is the first level of Saracens Swimming Club. For more information on the outcomes of each stage please see the appendix.

In 2005 the Club achieved Swim Mark (formerly swim21) accreditation which demonstrates quality in all aspects of the club's development and recognises that we are a safe, effective and child-friendly club. This confirms the reputation that Saracens has always had in providing a great environment in which children can learn to swim and progress to a competitive standard.

Once swimmers have progressed through all seven stages of the Learn to Swim Programme, they are required to attend the Transition Group for an indeterminate period of time prior to transferring to the main pool.

## **Progression through the groups**

Decisions are based on criteria for each of the stages of the programme, technical proficiency, behaviour and attendance. For this reason, age or time spent in a particular group does not influence when a swimmer is moved. The head coach does have the final say.

## **Training Venues**

All our lessons take place at Hazel Grove Pool. There are training sessions on Wednesday, Thursday, Saturday, and Sunday. For details of the training times please refer to the club's website <http://saracens-asc.info/web/training-times/>

## **Fees and Other Payments**

The membership structure in the small pool operates on a termly basis (3 x 15 weeks {approx.}). Fees are reviewed and set at the Annual General Meeting and are published on the renewal notice which will be sent to parents approximately 2 weeks prior to renewal. It is important that renewals are paid as soon as they become due as your child is not covered by the club's insurance if fees have not been paid. We request that all payments are made in full at the start of each term by bank transfer. Failure to renew by the deadline set will result in the membership being lapsed and your child's place being offered to the next person on our waiting list. We have a huge demand for places at the club and many people on our reserve list at all levels. However, if you are struggling to meet the payment deadline then please reach out to us to discuss options.

## **Parental Involvement and Responsibilities**

**Dropping Off and Picking Up:** All swimmers are the sole responsibility of their parents/guardian outside of the water. Parents must escort their children into and collect their children from the pool area promptly at the start/end of each lesson. Parents are required to stay on site throughout their children's lessons and observe the lessons from the pool area or spectator gallery so that they are within the teacher's sight and therefore readily available in case of emergency.

**Observing Swimming Lessons:** Lessons can be observed from the spectator gallery over the main pool, or from the changing village. For health and safety reasons we cannot permit parents on poolside.

Parents are asked not to interfere with a training session and should you wish to discuss any of your child's training this should be done either before or after the

training session (depending on the teacher's availability) or by prior arrangement. Alternatively, you can send an email to [info@saracens-asc.co.uk](mailto:info@saracens-asc.co.uk).

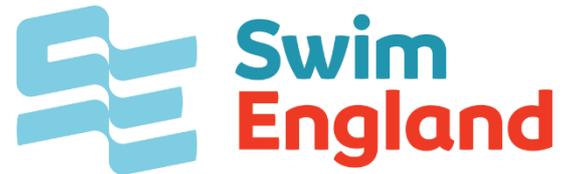
**Belongings:** All swimmers belongings are their own responsibility; parents should ensure that bags and any swimming kit and aids are named using a permanent marker. It is advisable not to bring any valuables to training and always use a locker. Personal belongings should never be left in the cubicles as this prevents others from using them.

**How Can You Help:** You are probably not aware, but our coaches, teachers, poolside helpers and committee members are all volunteers? We welcome any parents who may be able to spare some time to help with the running of the club. [Helping Out \(saracens-asc.info\)](http://saracens-asc.info) This can be in any way from setting up the lane ropes at a training session, taking the register, tidying the store cupboard, selling programme/raffle tickets at galas or joining the committee. If you think you may be able to help us, please see a member of the committee or your child's teacher, or email [Helpers@Saracens-asc.co.uk](mailto:Helpers@Saracens-asc.co.uk)

## **Useful contact details**

Joining	<a href="mailto:join@saracens-asc.co.uk">join@saracens-asc.co.uk</a>
Enquiries	<a href="mailto:join@saracens-asc.co.uk">join@saracens-asc.co.uk</a>
Membership	<a href="mailto:membership@saracens-asc.co.uk">membership@saracens-asc.co.uk</a>
Committee	<a href="mailto:saracenschair@gmail.com">saracenschair@gmail.com</a>
Head Coach	<a href="mailto:chiefcoach@saracens-asc.co.uk">chiefcoach@saracens-asc.co.uk</a>
Swim Shop	<a href="mailto:swimshop@saracens-asc.co.uk">swimshop@saracens-asc.co.uk</a>
Welfare	<a href="mailto:welfare@saracens-asc.co.uk">welfare@saracens-asc.co.uk</a>
Helpers/Volunteers	<a href="mailto:helpers@saracens-asc.co.uk">helpers@saracens-asc.co.uk</a>

## Appendix: Learn to Swim Stage 1-7 Awards Outcomes



The Swim England Learn to Swim Framework is about developing confident and competent swimmers through fun and enjoyment, with Stages 1-7 being at the core of the Programme. The Framework builds the skills and motivation needed to develop a lifelong love of water and maintain an active and healthy lifestyle through swimming.

The Learn to Swim Stage 1-7 Awards are divided into progressive stages. They make up the core, national syllabus of learning to swim for primary school aged children.

They are designed to reward your child for their development of the essential aquatic skills they need to be confident, competent and safe in the water.

Each of the Learn to Swim Stage 1-7 Awards has a list of clear outcomes that need to be completed in order to gain each Award.

### Stage 1

Swim England Learn to Swim Stage 1 helps to build water confidence, while introducing water safety skills and the basic skills needed to build swimming ability.

Learners will develop basic safety awareness, learn basic movement skills and water confidence skills.

They will also be introduced to a structured class setting. Swimmers may use flotation equipment, such as armbands and floats, throughout this stage.

By completing this Award, with or without flotation equipment or support, you will be able to:

1. Enter the water safely.
2. Move forward for a distance of 5 metres, feet may be on or off the floor.
3. Move backwards for a distance of 5 metres, feet may be on or off the floor.
4. Move sideways for a distance of 5 metres, feet may be on or off the floor.
5. Scoop the water and wash the face.
6. Be comfortable with water showered from overhead.
7. Move from a flat floating position on the back and return to standing.
8. Move from a flat floating position on the front and return to standing.
9. Push and glide in a flat position on the front from a wall.

10. Push and glide in a flat position on the back from a wall.
11. Give examples of two pool rules.
12. Exit the water safely.

## Stage 2

Swim England Learn to Swim Stage 2 sees swimmers develop streamlining to their strokes and travel without their feet on the floor, using a recognised leg kick.

Swimmers are also introduced to aquatic breathing and taught to make safe entries into the water, including jumping.

They will develop basic floating and learn how to rotate to regain an upright position without support. All travel must be achieved without the use of flotation equipment, though buoyancy aids may be used when swimmers aren't travelling.

By completing this Award, with or without flotation equipment or support, you will be able to:

1. Jump in from poolside safely.
2. Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged.
3. Move from a flat floating position on the back and return to standing without support.
4. Move from a flat floating position on the front and return to standing without support.
5. Push from a wall and glide on the back – arms can be by the side or above the head.
6. Push from a wall and glide on the front with arms extended.
7. Travel using a recognised leg action with feet off the pool floor on the back for 5 metres, without the use of flotation equipment.
8. Travel using a recognised leg action with feet off the pool floor on the front for 5 metres, without the use of flotation equipment.
9. Perform a tuck to rotate from a flat floating position on the front, to a back floating position, then return to standing.
10. Perform a tuck to rotate from a flat floating position on the back, to a front floating position, then return to standing.
11. Perform a log roll from the back to the front.
12. Perform a log roll from the front to the back.

13. Exit the water without support.

### Stage 3

During Swim England Learn to Swim Stage 3, swimmers will develop their kicks, on both their front and their back.

They streamline through push and glides, whilst also swimming underwater.

Swimmers will develop safe entries into the water, including submersion, and travel up to 10 metres on their front and back. Water safety knowledge and rotation skills will also be progressed.

By completing this Award, without floatation equipment or support, you will be able to:

1. Jump in from poolside and submerge.
2. Sink, push away from wall and maintain a streamlined position.
3. Push and glide on the front with arms extended and log roll onto the back.
4. Push and glide on the back with arms extended and log roll onto the front.
5. Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back.
6. Fully submerge to pick up an object.
7. Correctly identify three of the four key water safety messages.\*
8. Push and glide and travel 10 metres on the back.
9. Push and glide and travel 10 metres on the front.
10. Perform a tuck float and hold for three seconds.
11. Exit the water without using steps.

**\*The four key water safety messages include:**

1. Always swim in a safe place.
2. Always swim with an adult.
3. If you fall in, float, breathe, relax.
4. If someone else is in trouble, call 999/112.

## Stage 4

Swim England Learn to Swim Stage 4 sees swimmers perfect their leg kicks for all four strokes and further develop push and glides, while also being introduced to sculling.

They will develop an understanding of buoyancy through a range of skills and should swim 10 metres to the **Swim England Expected Standards**.

By completing this Award, without floatation equipment or support, you will be able to:

1. Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating.
2. Push and glide from the wall towards the pool floor.
3. Kick 10 metres backstroke (one item of equipment optional).
4. Kick 10 metres front crawl (one item of equipment optional).
5. Kick 10 metres butterfly on the front or on the back.
6. Kick 10 metres breaststroke on the front (one item of equipment optional).
7. Perform a head first sculling action for 5 metres in a flat position on the back.
8. Travel on back and log roll in one continuous movement onto front.
9. Travel on front and log roll in one continuous movement onto back.
10. Push and glide and swim 10 metres, choice of stroke is optional.

## Stage 5

During Swim England Learn to Swim Stage 5, swimmers will develop their skills in treading water, learn the correct arm pulls for all four strokes and learn how to do handstands and somersaults.

This means they will develop their technique and perform all strokes to the **Swim England Expected Standards**.

The emphasis is on ensuring all work done in the previous stages is developed further.

By completing this Award you will be able to:

1. Perform a flat stationary scull on the back.
2. Perform a feet first sculling action for 5 metres in a flat position on the back.

3. Perform a sculling sequence with a partner for 30-45 seconds to include a rotation.
4. Tread water for 30 seconds.
5. Perform three different shaped jumps into deep water.
6. Push and glide and swim 10 metres backstroke (performed to Swim England expected standards).
7. Push and glide and swim 10 metres front crawl (performed to Swim England expected standards).
8. Push and glide and swim 10 metres breaststroke (performed to Swim England expected standards).
9. Push and glide and swim 10 metres butterfly (performed to Swim England expected standards).
10. Perform a handstand and hold for a minimum of three seconds.
11. Perform a forward somersault.
12. Demonstrate an action for getting help.

## **Stage 6**

Swim England Learn to Swim Stage 6 teaches swimmers how to prepare for exercise, while developing an efficient technique for all four strokes and further developing surface dives.

The effective swimming skills taught include coordination, breathing and an understanding of water safety.

Within this stage, swimmers will work on all the other strokes, including streamlining, improving their technique with both their arms and their legs.

By completing this Award you will be able to:

1. Give two examples of how to prepare for exercise and understand why it is important.
2. Sink, push off on side from the wall, glide, kick and rotate into backstroke.
3. Sink, push off on side from the wall, glide, kick and rotate into front crawl.
4. Swim 10 metres wearing clothes.
5. Push and glide and swim front crawl to include at least six rhythmical breaths.
6. Push and glide and swim breaststroke to include at least six rhythmical breaths.
7. Push and glide and swim butterfly to include at least three rhythmical breaths.

8. Push and glide and swim backstroke to include at least six regular breaths.
9. Push and glide and swim 25 metres, choice of stroke is optional (performed to Swim England expected standards).
10. Perform a 'shout and signal' rescue.
11. Perform a surface dive.

## Stage 7

Swim England Learn to Swim Stage 7 focuses on fully developing all four swimming strokes, as well as building stamina and improving diving skills.

Swimmers should develop a quality stroke technique for up to 100 metres, incorporating the skills they have learnt throughout the stages and combining them to develop a linked routine.

They should successfully complete an obstacle course, which combines a variety of skills they have learnt from Stages 1 to 7.

By completing this Award you will be able to:

1. Push and glide and swim 25 metres backstroke (performed to Swim England expected standards).
2. Push and glide and swim 25 metres front crawl (performed to Swim England expected standards).
3. Push and glide and swim 25 metres breaststroke (performed to Swim England expected standards).
4. Push and glide and swim 25 metres butterfly (performed to Swim England expected standards).
5. Perform a movement sequence (linking skills with strokes and sculls) 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 or backward somersault, log roll
  - Floating*: star on the front or on the back, tuck float, create own
  - Eggbeater*: Moving, lifting one or both arms out of the water
6. Perform a sitting dive or dive.
7. Push and glide and swim 50 metres continuously using one stroke (performed to Swim England expected standards).
8. Push and glide and swim 100 metres, using a minimum of three different strokes (performed to Swim England expected standards).

9. Tread water using eggbeater action for 30 seconds.
10. Complete an obstacle course (using minimum of four objects) with feet off the pool floor throughout.