

SWIMMING LESSONS

BIRD SERIES
CHALLENGE AWARDS
ROOKIE LIFESAVING
SYNCHRONISED SWIMMING
SNORKELLING
SQUADS
ADULT LESSONS



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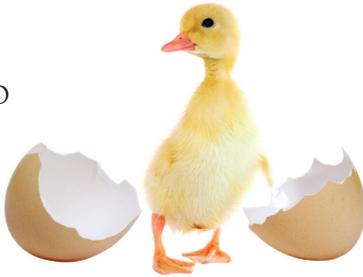
HATCHLING

AWARD

AGE: 6 months – 2 years

A safe and secure environment to introduce your child to the water. Starting with the very basics of swimming technique, mixed with songs, this class is designed for an enjoyable start to the water.

Parents/carers must accompany children in the water.



FLEDGLING

AWARD

AGE: 2 years – 3 years

Following on from the Hatchling stage, the Fledglings group offers further development of swimming technique mixed with songs, for an enjoyable time in the water.

Parents/carers must accompany children in the water.



GOSLING

AWARD

AGE: 3 years – Starting School

Introduction to basic water skills helping the child feel comfortable and safe in the water. The child will begin to understand movement in the water and learn basic breathing techniques.

Parent/carer not required in the water.



DUCKLING

AWARD

Stage 2

On completion of this stage the child should be aiming to successfully swim 5 metres unaided on their front (paddle arms and legs) with breathing techniques and 5 metres on their back (legs only) and introduced to push and glides. The child should show general water confidence.



DUCK

AWARD

Stage 3

Swimmers should be aiming to swim 10 metres on their front and back with overarm recovery and basic breaststroke is introduced at this stage. Floating in different shapes and submerging to pick up objects from the pool bottom is also covered.



CYGNET

AWARD

Stage 4

Aquatic breathing is introduced at the cygnet stage on front crawl and ensuring good body position on back stroke. Swimmers should be showing a basic understanding of breaststroke leg action and arms. Butterfly kick is also introduced at this stage.



SWAN

AWARD

Stage 4½

On completion of this stage the swimmer should show a well-established breathing technique on front crawl, and refining arm techniques on backstroke, along with good body positions. Breaststroke kick is more established and there is the introduction of butterfly arms. Log rolls and push and glides to the pool bottom are covered at this stage.



PUFFIN

AWARD

Stage 5

At this stage all strokes are gaining more requirements of the ASA standard. Swimmers will be refining arm technique in front crawl and the beginnings of continuous arm movement on back stroke. Dorsi-flexed feet (feet turned out) on breaststroke are required to pass this stage and butterfly arms are looked at in more detail. Skills such as directional sculling and handstands and covered at this stage.



PENGUIN

AWARD

Stage 5½

All strokes are gaining more requirements of the ASA standard over 10 metres. Front crawl arm action should include a high elbow and backstroke arms should be continuously moving. Breaststroke should be focusing on a small arm action and underwater arm action on butterfly.

Swimmers should be able tread water for 30 seconds and show an action for help.



HERON

AWARD

Stage 6

Swimmers should be aiming to complete all strokes to the ASA standard over 20 metres. Swimmers should be showing a regular breathing pattern on front crawl, and backstroke timing should be refined. A glide action is encouraged in breaststroke and butterfly timing is detailed in more depth.



FLAMINGO

AWARD

Stage 7

At this stage all strokes are finalised and should be demonstrated over 25 metres. Rhythmic breathing should be shown in all strokes. Swimmers should also be able to swim 50 metres continuously using one stroke and 100 metres using 3 different strokes.



EXIT ROUTES

On completion of the bird series, swimmers will have the option of several different exit routes to continue swimming.





CHALLENGE AWARDS

BRONZE CHALLENGE

Stage 8

Working towards examination on week 10 of the course, swimmers will be tested on a number of different skills to pass. These include swimming 10 metres followed by a surface dive and swimming 5 metres underwater; treading water for 3 minutes and a continuous 400 metre swim.

SILVER CHALLENGE

Stage 9

Once swimmers have passed the Bronze Challenge, they will then work towards the Silver Challenge. Working towards examination on week 10 of the course, swimmers will be tested on a number of different skills to pass. These include treading water for 2 minutes with one hand behind their back; swimming 100 metres in 3 minutes or less and an 800 metre continuous swim.

GOLDEN EAGLE

Once swimmers have passed the Silver Challenge, they will be encouraged to complete the Golden Eagle stage to help refine all strokes and introduce skills such as diving and tumble turns. This level will help prepare them for the high demands of the Gold Challenge and Honours Challenge. To pass this stage swimmers will need to demonstrate 50 metres on each stroke to ASA

standard, swim 100 metres continuously using one stroke including tumble turns, and swim 200 metres continuously using 3 different strokes.

GOLD CHALLENGE

Stage 9

Once swimmers have passed Golden Eagle, they will then work towards the Gold Challenge. Working towards examination on week 10 of the course, swimmers will be tested on a number of different skills to pass. These include treading water for 3 minutes with one hand above their head the entire time; swimming 100 metres in 2 and a half minutes or less and an 800 metres swim in 25 minutes or less, changing stroke every 200 metres.

HONORS CHALLENGE

Stage 10

Once swimmers have passed the Gold Challenge, they will then work towards the Honours Challenge. Working towards examination on week 10 of the course, swimmers will be tested on a number of different skills to pass. These include a straddle jump and brick recovery from the bottom of the pool; performing a sequence of movements including forward and backward tucks; a distance swim to be completed in 20 minutes or less.



SYNCHRONISED SWIMMING

ROOKIE BRONZE

An introduction to rescue skills, including treading water and showing a signal for help, swimming in clothing, wade rescues and strokes including lifesaving backstroke.

ROOKIE SILVER

Once swimmers have passed Rookie Bronze, they will move onto Rookie Silver. Skills including rope throws, straddle jumps, a timed swim in clothes, and several types of rescues including using buoyancy aids.

ROOKIE GOLD

Once swimmers have passed Rookie Silver, they will move onto Rookie Gold. Skills will include demonstrating non-contact rescues, timed rope throws, swimming 400m continuously in less than 12 minutes, and showing the support position.

ROOKIE SPORT

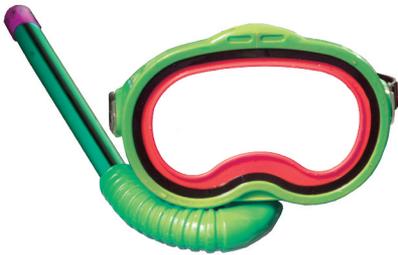
Once Rookie Bronze, Silver and Gold have been completed, swimmers can move onto Rookie Sport. This award will put all expertise previously learnt into practice, but swimmers will still be learning new skills, to make the ultimate Rookie Lifesaver!



A fun way to continue swimming and a great way to keep up pool fitness by using dance and movement in the water. Routines are put together using skills and techniques learnt making it an enjoyable session. Swimmers should be able to swim 100 metres confidently and have a strong breastroke.



SNORKELLING



SQUADS

This is a structured endurance session for competent swimmers who wish to remain swim active. Swimmers must have completed Flamingo level or above to take part in this session.

BEGINNER

A great course to learn snorkelling skills and make friends along the way! Using fins and masks to shallow and deep water snorkel as individuals and partner snorkelling is covered too. Swimmers should be able to swim 25 metres confidently to take part in snorkelling.

IMPROVER

Once swimmers have passed the beginner group, they will then move onto the improver class. Swimmers will be refining snorkelling skills and further developing their knowledge to take beyond the pool!



ADULT LESSONS

ADULT BEGINNER

These lessons are designed for adults who would like to learn to swim and are currently unable to swim 10m on both Front crawl and Back crawl. Lessons will cover swimming on both front and back and some basic skills as well.

ADULT IMPROVER

These lessons are designed for adults who are able to swim 10 metres competently on both front crawl and back crawl. Stroke work will be developed further and skill work will be developed.

ADULT ADVANCED

These lessons take a more stamina based approach to swimming and it is advised that adults can swim 200 metres competently to swim in this session. A little stroke work will also be covered at this level if necessary.



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