



National Plan for Teaching Swimming Stages 1-7

Braunstone SC teaches children to swim using the National Plan for Teaching Swimming. This covers different levels incorporating skills and stroke development. The Plan has clearly defined criteria based on all areas of aquatics. Within each level emphasis is based on correct technique, the highest level of water confidence and skills acquisition. The Club is committed to promote best practice in a safe, fun and controlled environment.

Stage	Pre-Requisite	Brief Overview of Stages	Awards Available
Stage 1	Be over 3 years of age	Developing safety awareness, movement skills and water confidence skills. Swimmers will use a variety of aids and equipment , eg woggles shark fins, floats, sinkers etc.	ASA Level 1
Stage 2	ASA Stage 1	Developing safe entries to the water, including jumping in, floating, Rotation from front to back swimming on the front and back for 5 meter. Swimmers may use aids	ASA Stage 2
Stage 3	ASA Stage 2	Full submersion, swimming 10 meters on the front and back, progress rotation skills and water safety knowledge.	ASA Stage 3
Stage 4	ASA Stage 3	Developing the understanding of buoyancy , refining kicking technique for all strokes, and swimming 10 meters to a required standard	ASA Stage 4
Stage 5	ASA Stage 4	Developing 'watermanship' through sculling, treading water, hand stands and forward rolls. Also performing all strokes for a distance of 10 meters to a required standard	ASA Stage 5
Stage 6	ASA Stage 5	Developing effective swimming skills. Eg coordinated breathing; swim a distance of 25m; developing basic life saving in the water and understanding of preparation for exercise.	ASA Stage 6
Stage 7	ASA Stage 6	Developing quality stroke technique for 100 meters. Linking all skills learnt throughout stages 1-7 and combining these to complete an obstacle course and create a linked routine	ASA Stage 7

- The Scheme runs for 10 week cycles over the year. Swimmers are charged £35 per cycle. Payment is due on the first week of each 10 week block.
- Lessons are held on Saturday mornings at Winstanley Community College pool between 10.15 – 11.15 pm. Each session lasts for half an hour.
- All swimmers must become a member of the club for insurance purposes. Membership £35, payable after a two week trial.
- Learn to swim Scheme has an excellent Teacher/Swimmer ratio: max 1:8.
- Swimmers need to pass all of the criteria to progress onto the next Stage.
- Assessment of swimmers: continuous assessment and a final assessment in the 9th and 10th week.
- Swimmers swim for ASA badges Stages 1-7 during the Saturday morning sessions.
- Certificates can be purchased by swimmers/parents for each stage.
- Once a year there is a sponsored swim to achieve distance badges.
- All Swimmers will be invited to swim in the GB Challenge – a gala that introduces swimmers to fun, skill and competitive swimming, held 5 times per year.
- Once around stage 5/6 swimmers can join our week night training sessions to further develop their skill and can enter the club championships.