

October Crash Course

SHALLOW END		DEEP END	
10.00-10.30am	Duckling 5	10.00-10.30am	Stage 3 / 4
10.30-11.00am	Stage 1	10.30-11.00am	Stage 5
11.00-11.30am	Stage 2	11.00-11.30am	Activity Session

24th—28th October

£26 per child for the week



- **Ducklings 5** : Suitable for non swimmers or if it's the first time in a swimming class from age 3 upwards, teacher in the water
- **Stage 1**: Primary water skills, travelling in the water with swim aids. Suitable for non swimmers or children who are able to manage a few strokes alone. Teacher is in the water.
- **Stage 2**: Introduction and development of skills using a variety of strokes without swim aids. Must be able to swim a width front and back without aids, teacher is in the water
- **Stage 3 /4**: Further skills including jumping, breathing techniques, breaststroke legs and retrieving items from pool floor. Must be confident in deep water.
- **Stage 5** : Ideal to prepare for swimming lengths and to build stamina as well as stroke improvement.
- **Activity Sessions**: A chance to have some fun with diving, lifesaving, water polo and much, much more.

