

CROYDON AMPHIBIANS SC SWIM SCHOOL

BEGINNERS SECTION & CLASSES 1, 2, 3 & 4



Introduction

At CASC Swim School it is our aim to provide high quality and fun learning experiences for our youngest swimmers in order for them to gain confidence and enjoyment in the water.

In our Beginners section we offer half hour lessons with high ratios of adults to swimmers, with assistants in the water for support during the first two classes. As swimmers become more confident, they are introduced to the concept of a 'class' through small group teaching.

Most lessons in the Beginners section are held at Thomas More School pool. We feel it is the best venue for these classes as it offers a small and friendly atmosphere where parents and carers can be close to the pool if they wish.

Generally, we aim for each swimmer to achieve an appropriate award each term. When swimmers are between awards but are making significant progress, they will be awarded a Swim England Achievement Award. Where swimmers are making outstanding progress, they will be fast-tracked through the classes. We recommend you nominate a special towel or folder for your child's growing collection of awards.

As a guide, swimmers in this section will be aged between 2½ and 6 years old. Above this age, alternative, more age-appropriate provision is made for non-swimmers.

Please contact Rachel Browne (Head Teacher - head@cascswimschool.org) or Angie Kopka (Swim School Administrator - admin@cascswimschool.org) for more details.

The following pages contain a guide to the classes in the Beginners Section and the award scheme/teaching plan that the CASC Swim School operate.



Please click these hyperlinks to be taken to other websites where you will be able to find a further explanation of our award scheme and teaching plan:

[Swim England Duckling Awards](#)


[Swim England Puffin & Rainbow Distance Awards](#)

[Swim England Learn to Swim Programme](#)

CLASS	INFORMATION	AIMS
<p>Beginners</p>	<p>Teacher with two assistants.</p> <p>Max. class size: 7</p> <p>For non-swimmers from age 2½ to approx. 6 years.</p> <p>Lesson Length: 30mins, taught in the water with teaching assistants.</p>	<p>To build water confidence through highly supported activity and develop proficient front and back body positions, basic front crawl and backstroke leg action, front paddle arms and to introduce push and glides.</p> <div data-bbox="644 353 1321 1200" data-label="Image"> </div> <p>Developing water confidence and independence in the water takes different lengths of time for different swimmers. We use a range of awards to ensure our swimmers stay motivated and can see what they achieve.</p> <p>Swimmers may achieve some or all of the following– Duckling 1 – 4, Puffin (5m with buoyancy aid), Rainbow 5m and the Swim England Achievement Award.</p>

CLASS	INFORMATION	AIMS
<p>Class One</p>	<p>Teacher with one assistant in the water.</p> <p>Class size: Max 6.</p> <p>Duration: 30 mins.</p> <p>For developing swimmers who are able to swim one width on either/both front paddle and backstroke legs unaided and be able to jump unaided.</p>	<p>This class focuses on the development of front crawl and backstroke leg movement: front crawl and backstroke over water arm recovery, push and glides and pencil jumps. There is also the introduction of breaststroke legs.</p>  <p>Swimmers may achieve some or all of the following: Rainbow Distance Awards (5m, 10m, 15m), Swim England Learn to Swim Stage 1 and the Swim England Achievement Award.</p>
<p>Class Two</p>	<p>Teacher.</p> <p>Max Class size: 8.</p> <p>Duration: 30 mins.</p> <p>For swimmers able to swim one width front crawl legs and over water recovery, swim one width backstroke legs and over water recovery, retrieve a sinker from chest depth, and who have achieved Learn to Swim Stage 1.</p>	<p>The focus of these lessons will cover the use and development of breaststroke legs, front crawl bi-lateral breathing and backstroke arm action with emphasis on hand entry, push and glides. The swimmers will be introduced to treading water, dolphin leg kick, sitting dives, surface dives and forward rolls.</p>  <p>Swimmers may be awarded all or some of the following: Rainbow Distance Awards (10m, 15m, 20m), Swim England Learn to Swim Stage 2, and the Swim England Achievement Award.</p>

CLASS	INFORMATION	AIMS
<p>Class Three</p>	<p>Teacher.</p> <p>Max Class Size: 8.</p> <p>Duration: 30 mins.</p> <p>For swimmers with a good breaststroke leg action, front crawl bi-lateral breathing, correct backstroke hand entry and who have achieved Learn to Swim Stage 2.</p>	<p>The focus of these lessons is on breaststroke legs and arms, emphasis on front crawl hand entry, backstroke timing, treading water, handstands, sitting dives, and forward rolls.</p> <div data-bbox="638 347 1236 884" style="text-align: center;"> </div> <p>Swimmers may be awarded all or some of the following: Rainbow Distance Awards (10m, 15m, 20m, 25m), Swim England Learn to Swim Stage 3 and the Swim England Achievement Award.</p> <p>PLEASE NOTE: For 25m+ Distance Awards, the stroke must meet the Swim England stroke standard.</p>

CLASS	INFORMATION	AIMS
<p>Class Four</p>	<p>Teacher.</p> <p>Max Class Size: 8.</p> <p>Duration: 30 mins.</p> <p>For swimmers who have achieved Learn to Swim Stage 3 and who are mastering front crawl hand entry, good backstroke timing, breaststroke legs working simultaneous and continuously.</p>	<p>This class focuses on the continuation of backstroke arm action, timing of breaststroke leg action, arm action and breathing, front crawl breathing, butterfly leg action, sitting dives, plunge dives, forwards and backwards rolls. There is the introduction of sculling and log rolls, and further work on streamlining. This class also focuses on the need to build stamina in order to progress further.</p>  <p>Swimmers may be awarded all or some of the following: Rainbow Distance Awards (20m, 25m, 50m, 100m), Swim England Learn to Swim Stage 4 and the Swim England Achievement Award.</p> <p>PLEASE NOTE: For 25m+ Distance Awards, the stroke must meet the Swim England stroke standard.</p>