

CROYDON AMPHIBIANS SC SWIM SCHOOL

IMPROVERS SECTION (CLASSES 5, 6 & 7)



Introduction

At CASC Swim School it is our aim to provide high quality teaching for our developing swimmers.

In our Improvers section we offer one-hour lessons with maximum class sizes of 14 swimmers. The focus of the lessons moves to stamina building and stroke improvement through swimming lengths not widths.

We generally use Thomas More Pool and Whitgift School as our venues for these classes.

On average 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 the Swim England Achievement Award. Swimmers who are making outstanding progress they will be fast-tracked. 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 6 and 10 years old. Above this age, different, more age-appropriate provision is made for developing 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 Improvers 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 Rainbow Distance Awards](#)

[Swim England Competitive Start Awards](#)

[Swim England Learn to Swim Programme](#)

CLASS	INFORMATION	AIMS
<p>Class Five</p>	<p>Teacher.</p> <p>Max. class size: 14.</p> <p>Duration: 60 mins.</p> <p>For those swimmers who have achieved Learn to Swim Stage 4 criteria, a high level of breaststroke timing, and who are able to cope with swimming for an hour.</p>	<p>Time is spent recapping Class 4, front crawl timing and the introduction of front crawl under water arm action, backstroke under water arm action, breaststroke timing, butterfly legs and the introduction of butterfly arms. Swimmers perform hand stands, forward and backward rolls, sculling, backstroke starts and introduce front crawl starts.</p> <div data-bbox="644 421 1321 1043" data-label="Image"> </div> <p>Swimmers may be awarded all or some of the following: Rainbow Distance Awards (50m, 100m, 200m, 400m), Swim England Learn to Swim Stage 5 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 Six</p>	<p>Teacher.</p> <p>Max. Class size: 14.</p> <p>Duration: 60 mins.</p> <p>For those swimmers who have achieved a good understanding of what has been taught and met the criteria for Learn to Swim Stage 5, including the ability to do forwards and backwards rolls.</p>	<p>Teaching progresses the front crawl underwater arm action, backstroke underwater arm action, breaststroke arm action, continuation of butterfly arm action and front crawl starts.</p>  <p>Swimmers may be awarded all or some of the following: Rainbow Distance Awards (100m, 200m, 400m, 600m, 800m), Swim England Learn to Swim Stage 6 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 Seven</p>	<p>Teacher.</p> <p>Max. Class size: 14.</p> <p>Duration: 60 mins.</p> <p>For those swimmers who can demonstrate a good understanding of what has been taught so far and have met the criteria for Learn to Swim Stage 6.</p>	<p>This class focuses on all work done so far, plus front crawl under water arm action, backstroke timing, breaststroke arm action, butterfly hand entry, breaststroke starts and turns and the introduction of tumble turns. Swimmers who are ready will be introduced to the Swim England Preliminary Competitive Starts Award.</p>  <p>Swimmers may be awarded all or some of the following: Rainbow Distance Awards (200m, 400m, 600m, 800m, 1000m), Swim England Learn to Swim Stage 7, Swim England Preliminary Competitive Start Award and the Swim England Achievement Award.</p> <p>PLEASE NOTE: For 25m+ Distance Awards, the stroke must meet the Swim England stroke standard.</p>