

WOKING LEARN2SWIM



Woking Swimming Club

Learn2Swim Progression Chart

Stage 1	Swimmers will develop basic movement skills, water confidence and safety awareness (with or without aid)
Stage 2	Swimmers will develop safe entries to the water and will continue to practice floating, travel and rotation in the water (with or without aid)
Stage 3	Swimmers will work towards being able to swim 10 metres on their front and back and will be able to swim underwater to collect objects from the bottom of the pool. Rotation skills and water safety knowledge will also be developed
Stage 4	Swimmers will focus on refining kicking techniques for all four strokes and develop a better understanding of buoyancy
Stage 5	Swimmers will focus on swimming all four strokes to the ASA expected standards. Swimmers will also develop skills in sculling, treading water and complete rotation
Stage 6	Swimmers will focus on developing effective swimming skills including coordinated breathing, water safety and an understanding of how to prepare for exercise

Woking Swimming Club are running Over 60 learn to swim lessons for 3+ year olds each week

The Program

Lessons take place at Goldsworth Primary School on Monday or Wednesday evenings between 5pm and 7pm and at Goldsworth and Horsell Junior School on Saturdays between 8am and 12 noon.

Each lesson is 25 minutes
Subject to availability you can choose either one or two lessons a week

- Swim England qualified teachers at all levels

- Fully Equipped

- Awards based with Swim England badges and certificates

- Flexible timetable

- Enormously FUN!

- Spaces available now

- Download application from

www.wokingsc.co.uk
Learn2Swim

Payment information Autumn Term 2021

Goldsworth School
4 September to 15
December

Mon 14 weeks £115.50

Wed 14 weeks £115.50

Sat 14 weeks £115.50

Horsell School

11 September to 18
December

Sat 14 week term £115.50

If joining after the start of term your rate will be calculated on a pro rata basis

Contact details

Enquiries to Kate Galloway
(Learn2Swim members secretary)
via email

wokingsc.learn2swim@gmail.com

Or Telephone
07808 659447



Following the
 **Swim
England**

Learn to Swim
Programme

