WOKING LEARN2SWIM

Woking Swimming Club
In partnership with Woking Borough Council

Learn2Swim Progression Chart

<table>
<thead>
<tr>
<th>Stage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stage 1</td>
<td>Swimmers will develop basic movement skills, water confidence and safety awareness (with or without aid)</td>
</tr>
<tr>
<td>Stage 2</td>
<td>Swimmers will develop safe entries to the water and will continue to practice floating, travel and rotation in the water (with or without aid)</td>
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<tr>
<td>Stage 3</td>
<td>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</td>
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<tr>
<td>Stage 4</td>
<td>Swimmers will focus on refining kicking techniques for all four strokes and develop a better understanding of buoyancy</td>
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<td>Stage 5</td>
<td>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</td>
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<td>Stage 6</td>
<td>Swimmers will focus on developing effective swimming skills including coordinated breathing, water safety and an understanding of how to prepare for exercise</td>
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Woking Swimming Club are running 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

- ASA qualified teachers at all levels
- Fully Equipped
- Awards based with ASA badges and certificates
- Flexible timetable
- Enormously FUN!
- Spaces available now
- Download application from www.wokingsc.co.uk

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Payment information
Summer Term 2019

Goldsworth School
24 April to 20 July
Mon 10 weeks £70
Wed 12 weeks £84
Sat 12 week term £84

Horsell School
27 April to 20 July
Sat 12 week term £84

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