Learn to Swim
Scottish Swimming

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fifeleisure.org.uk/swimming-lessons

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Learn to Swim
Scottish Swimming

Fife sports and leisure trust

Welcome Guide

Community Use Schools

SwiMark Plus

Before they start school, start swimming

Thank you for choosing Fife Sports and Leisure Trust to be your swimming lesson provider.

Encouraging your child to learn to swim is one of the most important opportunities you can give them. If you get a child interested in swimming when they're young there's a good chance they will enjoy the water for the rest of their lives.

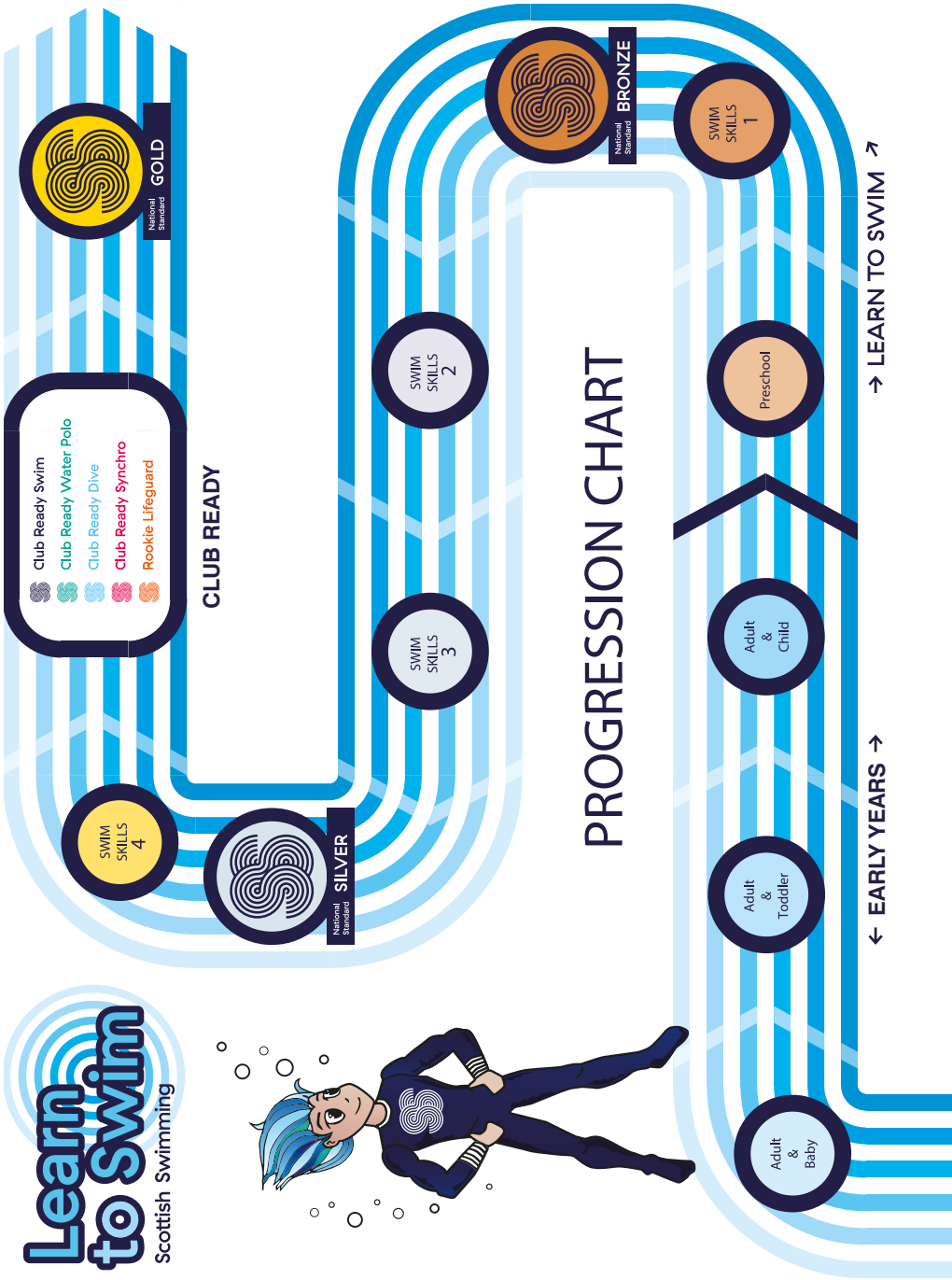
Our aims

To support this, Fife Sports and Leisure Trust, in partnership with Scottish Swimming is committed to delivering the national framework in all their operating pools and maintaining our SwiMark accreditation.

FSLT was awarded SwiMark Plus from Scottish Swimming in 2019, this quality development programme recognises Fife Sports and Leisure Trust's aquatic standards:

- ✔ Safe, effective and child-friendly environments based on continued good practice
- ✔ Development opportunities for swimmers, instructors and volunteers.
- ✔ Encourage lifelong participation in swimming through sustainable swimming development pathways

Recognising the vital role we play in providing aquatic opportunities for all, our swimming instructors are qualified, licensed and regularly participate in on-going training.



NATIONAL STANDARDS

These levels have been split into three National Standards: Bronze, Silver and Gold. These standards have been created to provide an overview of what a child has achieved at certain stages of the pathway and also to deliver consistent standards across Scotland. The National Standards contain two Learn to Swim levels within each of them:

BRONZE STANDARD

Becoming Water Confident

Preschool and Swim Skills 1 are targeted at developing core aquatic skills and water confidence

- Become confident in the water
- Develop basic movement in the water
- Develop skills through a fun and progressive pathway

SILVER STANDARD

Developing a Safer Swimmer

Swim Skills 2 and 3 are targeted at further developing core skills and traditional stroke technique with the aim of achieving Triple S (Scotland Safer Swimmer)

- Develop the four strokes
- Develop a more competent swimmer
- Achieve Triple S

GOLD STANDARD

Achieving Aquatic Competence

Swim Skills 4 and Club Ready are targeted at further improving stroke technique and introducing a multi-aquatic approach

- Become 'Club Ready'
- Water-safety aware and proficient
- Pathway to lifelong participation

To achieve Gold Standard, Swim Skills 4 and one Club Ready level need to be achieved

After reading this leaflet you may still have some questions around your child learning to swim. You can find answers to some of the questions we regularly receive from parents at **www.fifeleisure.org.uk**

Our Programme

The Learn to Swim programme operates over 39 weeks of year and currently delivered on a term-time basis throughout Community Use Fife facilities.

Benefits of our Learn to Swim programme

- Fife Sports and Leisure Trust aims to provide a minimum of 39 lessons
- Free recreational swimming in all Fife Sports and Leisure Trust swimming pools*
- Cost of lessons spread throughout the year
- Seamless pathway through all class levels
- Triple S (Scotland Safe Swimmer) award
- Regular feedback on progress
- Free Certificates

Application

An application form must be filled out prior to your child enrolling in our programme. As part of our Learn to Swim programme your child will receive a swimming membership card which allows them free swimming in all Fife Sports and Leisure Trust operating pools* whilst they are an active member of the Learn to Swim programme.

Payments

Our payments are spread throughout the year, avoiding the festive period. There is a two-week period to pay your next payment and this can be done either in the leisure centre or by telephone during the centre's opening hours. If you do not make payment prior to the payment date your child will be removed from the programme and their junior swimming membership cancelled

Feedback

Our instructors will be continually assessing the progress of your child and once the criteria has been successfully met they will be moved to the next level accordingly.

Feedback is available on your child's progress and parents/guardians can request written feedback regarding their child's progress twice per payment period, or, at any other agreed time with the venue Learn to Swim Co-ordinator. You will receive a feedback card on application and a replacement as the child progresses through the Learn to Swim programme.

Free Swimming Membership

To enhance our swimming lessons and your child's aquatic experience, all juniors in our Learn to Swim programme will be eligible for free recreational swimming in all our pools.

* Subject to availability

What should you expect from our swimming lessons programme?

All children should be having fun! They should be involved in games-based activities to help them learn the core swimming skills such as breathing, submerging and movement in the water. Swimming strokes will be introduced gradually once the child has learned the basic core aquatic skills. Lessons will last around thirty minutes and children should be as active as possible throughout the lesson.

What are the core aquatic skills?

These are the building blocks for learning more complex practices and they are fundamental to your child becoming a competent swimmer. For example, blowing bubbles in the bath/pool is the first stage for aquatic breathing; floating helps a child establish good body position for strokes to be developed and is key to teaching children safety. It is imperative that the core aquatic skills are taught well to enable swimmers to advance to more recognised techniques such as swimming the four main strokes.

Why is my child playing games?

Learning through play is fundamental to the Scottish Swimming Framework so there'll be plenty of fun activities and games in the pool to keep swimming interesting for your child whilst teaching them a variety of skills. The activities are planned by the instructor and will ensure the children are challenged in different ways and are linked to the core aquatic skills which are essential for learning more complex skills.

My child has a disability. Can they take part?

Of course. Our swimming lessons can be adapted as necessary to help all children achieve their potential. If your child has specific needs, please discuss them with your venue Learn to Swim Co-ordinator.

How long will it take my child to learn to swim?

There is no definite timeline, different children take different amounts of time and find some skills easier to learn than others. If you take your child swimming outwith lessons there is a high probability that they will progress more quickly.

There won't always be leaps of progress every lesson or every week. It is normal for learning to plateau for periods, even regress at times and surge ahead at others.

What can I do to help my child?

The earlier that a child becomes familiar with the aquatic environment and being in and around water the better. Even if you are not a strong swimmer just taking your child to the pool and playing and having fun in the water will help them develop their confidence and enjoy the positive experiences that the water can bring them.

In the home, encourage your child to have a bath and play in the water. Encourage them to get their hair wet and introduce them to putting their face in the water.

Scottish Swimming
Water Polo

CLUB READY WATER POLO

Aim: To introduce basic Water Polo technique and ball-handling skills.

Objectives:

- Demonstrate Water Polo strokes
- Understand goal keeping skills
- Establish an understanding of the basic rules
- Develop ball-handling skills
- Develop skills through enjoyment, fun and self-discovery

Scottish Swimming
Synchro

CLUB READY SYNCHRONISED SWIMMING

Aim: To introduce basic Synchronised Swimming, developing from the core aquatic skills and stroke techniques. To highlight the pleasure and interest obtained from working in pairs or small groups, from creative work and from working to music that synchronised swimming offers.

Objectives:

- Swimmers will develop the skill of sculling
- Swimmers will develop the three strokes (Frontcrawl, Backcrawl and Breaststroke) and their variations for Synchronised Swimming use
- Swimmers will be able to perform a range of the key body positions
- Swimmers will perform a range of simple movements/figures
- Swimmers will work in twos or threes to perform simple sequences of strokes and skills to music

SWIM SKILLS 3

Aim: Introduce more advanced stroke technique and achieve Triple S standard.

Objectives:

- Further develop competency in all four strokes
- Development of Diving
- Further develop Butterfly and Breaststroke aiming to achieve legal technique

SWIM SKILLS 4

Aim: To improve the quality of stroke technique, introduce multi-aquatic skills/disciplines and basic life-saving skills.

Objectives:

- To demonstrate competent technique in all four strokes
- Introduce life-saving skills and basic aquatic discipline skills
- To provide basic skills to enable progression in to all aquatic disciplines including life-saving

Scottish Swimming
Swim

CLUB READY SWIM

Aim: To improve and maintain stroke technique over distance and develop basic training and race skills producing a swimmer who is 'Club Ready'.

Objectives:

- Advance swimming stamina in all four strokes while maintaining technique
- Improve efficiency in all 4 strokes
- Develop turn technique for all 4 strokes
- Knowledge and understanding of club training practices in a variety of core aquatic skills

National Framework for Swimming in Scotland

Within the National Framework there are three programmes: Early Years; Learn to Swim; and Adults.

Early Years Programme:

This consists of three levels: Adult and Baby; Adult and Toddler; and Adult and Child, the earlier you introduce your child to water the more confident he/she will become.

The Early Years programme is designed to introduce you and your child to the water in a fun way making it exciting and enjoyable for you both. It will provide you as a parent with confidence and skills to help teach your child to swim.

Learn to Swim Programme:

This consists of six levels: Preschool, Swim Skills 1, Swim Skills 2, Swim Skills 3, Swim Skills 4 and Club Ready (Swim, Dive, Synchronised Swimming, Water Polo) with three overarching national standards: Gold, Silver and Bronze. The programme provides a fun, progressive and all-inclusive pathway for children to participate in any aquatic discipline to whatever level they aspire to.

It has the core philosophy of being fun, child-centred and based on establishing the core aquatic skills which are fundamental to a child learning more complex skills.

Adult Programme:

Please visit **www.fifeleisure.org.uk** for more information.

EARLY YEARS / ADULT & BABY

Aim: To introduce the adult and baby to a swimming environment and develop the confidence and skills of the adult to ensure the safe and effective handling of the baby in the water.

Objectives:

- The adult will have the range of skills and knowledge necessary to handle their baby confidently and safely in the water
- The 'quality time' aspect will be a key element of the adult and baby aquatic experience
- Adult and baby will have experienced basic body positions and a range of movements in water
- Adult and baby will have developed water confidence and enjoyment in the aquatic environment

EARLY YEARS / ADULT & TODDLER

Aim: To encourage independent movement and develop the water confidence and core aquatic skills of the toddler through structured play.

Objectives:

- The toddler will have been involved in interaction with other adults and children
- The toddler will have experienced independent movement with buoyancy aids
- The toddler will have developed some basic core aquatic skills through structured play focusing on enjoyment, fun and self-discovery
- The toddler will have developed greater water confidence

EARLY YEARS / ADULT & CHILD

Aim: To further develop the core aquatic skills through structured play and develop the independence necessary for the next level (without an adult in the water).

Objectives:

- The child will demonstrate independent movement and a range of core aquatic skills
- The child will have developed confident submersion and aquatic breathing
- The child will have been involved in interaction with other adults and children
- The child will be become more attentive to the teacher's instruction and less reliant on adult support in preparation for the next level

Learn to Swim

PRESCHOOL

Aim: To become water confident and develop core aquatic skills (without adult assistance but with buoyancy aids as required).

Objectives:

- Introduce complete non-swimmers to the aquatic environment and establish an understanding of safety in and around water
- Develop and progress water confidence
- Establish an understanding of basic core aquatic skills
- Encourage independent movement
- Develop skills through enjoyment, fun and self-discovery

SWIM SKILLS 1

Aim: To further develop water confidence and develop core aquatic skills without aids.

Objectives:

- Develop confidence and ability to perform a wide range of core aquatic skills without buoyancy aids
- Develop the basic technique of the 4 strokes
- Introduce the basic technique of sculling
- Develop balance and buoyancy through a variety of activities

SWIM SKILLS 2

Aim: To increase the competency of the core aquatic skills and develop basic stroke technique.

Objectives:

- Introduce and progress new core aquatic skills
- Develop stroke technique to include all 4 strokes
- Introduction to diving (pool permitting)
- Develop awareness and feel for the water through a variety of core aquatic skills