



Adult and child	Sessions for babies and young children aged between 0 and 3 years who are new to swimming. Sessions are delivered with adults and children in the water together.	Swim a Song
Ducklings	Sessions for children from 3 years – reception school age who are able to follow simple instructions and move independently. Sessions will increase water confidence and familiarise your child with essential skills before they progress into Stage 1. Swimmers may use aids, e.g. armbands, discs etc.	Puffin Award
Stage 1	Suitable for children who are of reception school age upwards. Developing basic safety awareness, the Swimmers may use aids, e.g. armbands, discs etc	Puffin Award for new swimmers that have not done Ducklings
Stage 2	Developing safe entries to the water, including jumping in, basic floating, travel and rotation unaided to regain upright positions. Travel on front & back for 5m aided equipment Swimmers can enter the stage using aids, e.g. armbands, discs etc but must leave this stage without aids.	Rainbow Distance 5M
Stage 3	Developing safe entries including submersion, travel up to 10 metres on front and back without aided equipment, progress rotation skills and water safety knowledge. No Aids (E.g. armbands/discs) to be used in this stage	Rainbow Distance 10M
8 + Youth Session	Covers stages 1, 2, and 3 for older children **Please note that this session is not available at all centres Please ask at reception for more details**	Stage 1, 2 & 3 Rainbow Distance 5m and 10m

Stage 4	Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes and swimming 5 metres Front crawl and Back crawl to a given standard as directed by the ASA.	Rainbow STROKE 5M Front crawl Rainbow STROKE 5M Back crawl Preliminary Water Safety Award
Stage 5a) has been split into two sub stages on the Strokes for Life programme to aid progression and retention as swimmers may be in this stage for 2 terms or more.	Rainbow Distance 25M Rainbow STROKE 5M Breaststroke Rainbow STROKE 5M Butterfly
Stage 5b	Refining skills and performing all strokes 10 metres to the given standard as directed by the ASA.	Rainbow STROKE 10M Front crawl Rainbow STROKE 10M Backstroke Rainbow STROKE 10M Breaststroke Rainbow STROKE 10M Butterfly
Stage 6	Developing effective swimming skills including coordinated breathing; developing the water safety aspects and understanding of preparation for exercise.	Rainbow Distance 50M Level 1 Personal Survival
Stage 7	Developing a quality stroke technique up to 100metres, incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills accomplished throughout stages 1-7	Rainbow Distance 100M Rainbow STROKE 25M Front crawl Rainbow STROKE 25M Backstroke Rainbow Stroke 25M Breaststroke Rainbow Stroke 25M Butterfly Level 2 Personal Survival
Competitive Stages 8,9 & 10	Advanced swimmers greater distances of 400m+, learning swimming development skills such as turns, starts, relay takeovers. Development stage progression to swimming club (one hour lesson)	Swimming Challenge bronze, silver, gold and honours used as contrasting activities.

Multi Aquatic Stages 8, 9 & 10	Suitable for swimmers that have completed stage 7 and would like to try other aquatic disciplines. Sessions will include a mixture of synchronised swimming, water polo and diving (**Not available at all centres please ask at reception**)	
Rookie	Suitable for swimmers that have completed stage 7. The Royal Lifesaving Society UK, the leading provider for Water Safety education, rescue techniques and resuscitation, has developed the Rookie Lifeguard programme. As well as offering parents the comfort of knowing their children are aware the dangers of swimming in open water, the Bronze, Silver and Gold stage awards ensure children have a solid safety education, and have learned rescue and resuscitation techniques.	Rookie has 3 stages: Bronze, Silver and Gold which are subdivided into 3 modules.