



# BRADFIELD COLLEGE SPORTS COMPLEX

BERKSHIRE'S MOST WELCOMING HEALTH AND FITNESS CLUB

## SWIMMING LESSONS



**PARENT & TODDLER • JUNIORS FROM STAGE 1 TO STAGE 10**

Email: [frontdesk@bradfieldcollege.org.uk](mailto:frontdesk@bradfieldcollege.org.uk)

[www.bradfieldsportscomplex.co.uk](http://www.bradfieldsportscomplex.co.uk)

Tel: 0118 964 4600

Bradfield College Sports Complex, Bradfield, Reading, Berkshire, RG7 6BZ

# PARENT & TODDLER SWIMMING SESSIONS

Parent and toddler sessions are for babies and children aged from 2 months (following their first course of injections) to 4 years.

This is an instructor led session based on play and movement in the water, allowing both parent and child to enjoy the experience together.

The session will develop water confidence, preparing the child for entry to our swimming programme, without their parent, when they reach 4 years of age.

Mondays 10am - 11am

Sessions are FREE to members and £5.00 to non-members.



# JUNIOR SWIMMING LESSONS

## STAGE 1

Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use aids, e.g. arm bands, floats etc.

## STAGE 2

Developing safe entries to the water, including jumping in, basic floating, travel and rotation unaided to regain upright positions. Swimmers may use aids, e.g. arm bands, floats etc.

## STAGE 3

Developing safe entries including submersion, travel up to 10 metres on the front and back, progress rotation skills and water safety knowledge.



## STAGE 4

Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, and swimming 10 metres to a given standard as directed by the ASA.

## STAGE 5

Developing 'watermanship' through sculling and treading water skills, and complete rotation, also performing all strokes to the given standard as directed by the ASA.

## STAGE 6

Developing effective swimming skills including coordinated breathing; developing the water safety aspects and understanding of preparation for exercise.

## STAGE 7

Developing quality stroke technique up to 100 metres, 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.

## STAGE 8 - COMPETITIVE SWIMMING

Developing competitive swimming skills including turns on all 4 strokes and a 400 metre swim.

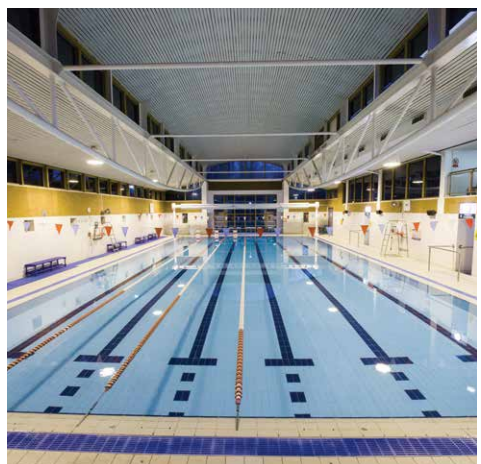
## STAGE 9 - COMPETITIVE SWIMMING

Developing starting skills and increasing swimming endurance to include an 800 metre swim set.

## STAGE 10 - COMPETITIVE SWIMMING

Developing individual medley, swimming endurance, relay starts and take over skills.

For more information about the National Plan for Teaching Swimming, please see [www.swimming.org/learntoswim](http://www.swimming.org/learntoswim)





ASA Certified National Swim Awards  
Stages 1 - 10

•  
Dedicated & Fully Qualified  
Instructors teaching all classes

•  
Lifeguarded pool at all times

•  
Dedicated additional staff in the pool  
to assist students at stages 1 to 4

•  
20 Years of experience supplying  
Quality Swimming Lessons

•  
Certificates included without  
additional cost



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