

Learn to Swim

Scottish Swimming



Swim Skills Level 4

Aim: To improve the quality of stroke technique, introduce multi aquatic skills/disciplines and basic lifesaving skills

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 or ready for lifelong swimming.

Club Ready Water Polo **Aim:** To introduce basic Water Polo technique and ball handling skills.

Club Ready Synchro **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.

Club Ready Dive **Aim:** To join a diving club and compete in Scottish Swimming level events around Scotland.

Rookie Lifeguard **Aim:** To introduce children to Rookie Lifeguard which explores water safety and alternative safe aquatic play.

National Standard GOLD

Gold Standard: Achieving Aquatic Competence
Swim Skills Levels 4 and Club Ready are targeted at further improving stroke technique and introducing a multi aquatic approach

National Standard SILVER

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

Swim Skills Level 3

Aim: Introduce more advanced stroke technique and achieve Triple S (Scotland Safer Swimmer)

Swim Skills Level 2

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

National Standard BRONZE

Bronze Standard: Becoming Water Confident
Preschool and Swim Skills Level 1 are targeted at developing core aquatic skills and water confidence

PROGRESSION CHART

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.

Adult & Toddler

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

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)

Preschool

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

Swim Skills Level 1

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

→ EARLY YEARS →

→ LEARN TO SWIM →