

Ashford Swim School Community Learn to Swim Programme - Adult and Child Lessons

Our lessons are specifically designed for pre-school children, catering for babies through to children aged 3, following the Swim England Discovery Duckling framework. All staff are baby & pre-school specialists, running sessions that take young babies, focusing on bonding and water-play through songs, games and fun, through to children who are water confident and able to move around independently. During lessons, children will learn to submerge through signaling, so they feel at ease under the water. Classes have been developed to help build parent's confidence in the water, as well as enabling children to start to use floatation equipment with adult support. Classes are run in a relaxed and friendly environment, providing the ideal building block for children to move through to a Duckling class where they will start to develop confidence in the water without a parent.

Listed below are the Discovery Duckling Stages and criteria we teach to, with additional guidelines of what to expect in each stage.

Discovery Duckling 1	
1	Enter the water safely and comfortably, with full adult support.
2	Bob up and down in the water, in an upright position, with full adult support.
3	Float on the back and return to an upright position, with full adult support.
4	Be at ease with water being poured on the back of the head.
5	Move smoothly through the water, in an upright position, with full adult support.
6	Exit the water safely with full adult support.
<p>Parent Expectations from the Lesson:</p> <ul style="list-style-type: none"> Child's first introduction to being in water with a parent Development of parent confidence in being in the water with their child Introduction of different holds and movements with your child Introduction of safe entries and exits with your child Introduction to helping your child to float/move on their back Introduction of a verbal signal to teach your child to hold their breath under water Multi-sensory experience Songs and actions to encourage child participation Social environment and a chance to meet other parents 	

Discovery Duckling 2

1	Enter the water safely and comfortably, with full adult support.
2	Float on the back, with full adult support.
3	Splash hands in the water.
4	Complete a 360 degree turn, with full adult support. (The adult should hold the child close to them at first and then at arm's length, the child should be facing away from the adult).
5	Move through the water in a streamlined position on the back, with full adult support.
6	Be at ease with the face being washed or splashed.
7	Move smoothly through the water, in an upright position, with full adult support.
8	Travel on the front or back, with full adult support.
9	Make progress towards holding the side of the pool, with full adult support.
10	Exit the water safely, with full adult support.

Parent Expectations from the Lesson:

Introduction and nurturing of water confidence, particularly with water on the face

Reinforcement of the use of a verbal signal to teach your child how to submerge whilst holding their breath

Development of floating and moving in the water on their back, to help enable good body position when swimming independently

Introduction to vertical rotations and holding on to objects/the side of the pool to teach safety skills

Introduction of floatation equipment

Introduction of seated jumps in to the pool (from 6 months)

Songs and games to engage your child

Discovery Duckling 3

1	Enter the water safely, with full adult support. Swimmers should be encouraged to sit on the side and wait for adult instruction.
2	Float on the back, with full adult support behind the head, shoulders and hips.
3	Reach and grab toys on the water surface.
4	Rotate 180 degrees either using a log roll or an upright position, with full adult support.
5	Move through the water in a streamlined position on the front, with full adult support.
6	Be at ease with water being showered over the face.
7	Travel on the back using floatation equipment, with full adult support.
8	Hold the rail or side of pool and move towards the step or ladders using floatation equipment, with full adult support.
9	Exit the water safely with adult supervision.

Parent Expectations from the Lesson:

Introduction of independent safe entries and exits

Development of your child's water confidence and self-submerging

The continued use of a verbal signal to submerge and swim your child under water

Development of safety skills, holding on to the side of the pool and listening to parent instruction

Increasing confidence in moving in the water in all directions, using floatation equipment and parent support

Development of a good body position on their back

Encouragement of the movement of the arms and legs whilst travelling around the pool

Introduction of standing jumps in to the water (from 15 months)

Songs, games and repetition to encourage your child to develop a consistent love for the water

Discovery Duckling 4	
1	Enter the water safely from a seated or standing position and return to the wall or pool side, with full adult support.
2	Float on the front using floatation equipment, with full adult support.
3	Reach and grab toys on top of and under the surface of the water.
4	Rotate 180 degrees either using a log roll or an upright position, using floatation equipment and with minimal adult support.
5	Push away from the wall in a streamlined position, with full adult support.
6	Be at ease wetting or splashing the face and putting the chin in the water.
7	Travel on the front using floatation equipment, with full adult support.
8	Hold the rail or side of pool and move towards the steps or ladders using floatation equipment, with full adult support.
9	Exit the water safely with adult supervision.
<p>Parent Expectations from the Lesson:</p> <ul style="list-style-type: none"> Development of safe entries and exits, and safety expectations Comfortable submersion following a verbal signal Introduction of push and glides Development of swimming on the front, using their arms and legs for propulsion Retrieving toys from under the water Songs and games to encourage independent participation Taster sessions in the small pool and increased independence in preparation for a transition to Ducklings at three years old 	