



## Children's Learn to Swim Scheme at Teme Ludlow Teme SpArC Teme Church Stretton

Learning to swim is a key skill for life, and once learnt it is never forgotten. Our Aquastar Swimming lessons have been running successfully for over 10 years and have taught over 5,000 children the skills required to be confident, competent and safe in the water. All our lessons are taken by ASA qualified teachers and run alongside the National Plan for Teaching Swimming. More information about this can be found at [www.britishswimming.org](http://www.britishswimming.org).

Swimming lessons at Teme Leisure start with our Parent and Toddler sessions working up to advanced swimmers. All abilities and ages are catered for.

See below to identify which group your child should start at, or if you require any help or advice please contact your required centre.

### Parent & Toddler/Babies

Join our qualified ASA instructor in an informal session where they will help you build your child's confidence and basic aquatic skills through play.

#### **Teme Ludlow**

Thursday – 9.30am -10.30am

Friday – 10.30am-12.30pm

No need to book, just turn up.

#### **Team SpArC**

Monday – 11.00am - 12.00pm

(no teacher)

### Aquatots – 3yrs+ (not at Teme SpArC or Teme Church Stretton)

These sessions are structured and cater for young children starting early. Your child will be introduced to the first steps of swimming. Awards at this level include Ducklings 1-4.

### Aquastar 1(Non Swimmers 5yrs+)

This is where the first strokes are taken to becoming a swimmer. They will develop basic safety awareness, movement skills and water confidence. Main awards at this level include National Stages 1 & 2, 5m & 10m distance badges.



### Aquastar 2

Basics of all four competitive strokes will be taught in this group. An understanding of buoyancy, rotation skills and water safety knowledge will also be reinforced. Swimmers must be able to swim 10m Front and Back unaided. Main awards at this level include National Stages 3 and up to 50m distance badges.

### Aquastar 3

The focus at this level is improving stroke technique using the ASA guidelines. An emphasis on streamlining, breathing control, treading water and sculling. Awards at this level include National Stage 4 and up to 100m.

### Aquastar 4

Developing effective swimming skills, including coordinated breathing, developing the water safety aspects and understanding preparation of exercise. Turns and dives will be introduced. Main awards at this level include National Stage 5 and up to 200m distance badges.

### Aquastar 5

This level will develop quality stroke technique. A wider range of aquatic disciplines will be taught including synco and diving. Main awards at this level include National Stage 6 and distance badges over 200m. Also Bronze, Silver, Gold and Honours challenge badges will be available.

**Rookie courses available at Teme Leisure SpArC**

### Enrolment

*To enrol your child please complete the application form opposite and return to your required Teme Leisure Centre. On receipt of the application form we will contact you via letter or telephone to discuss start dates.*

### Information/Intensive Holiday Lessons

All courses are run alongside schools (Term time only) Breaks are taken during school holidays, however crash course swimming lessons are available Monday-Friday 9.30am or 10am sessions during school holidays. Bookings required, contact Teme Leisure Ludlow for more information or pick up a holiday leaflet.