

Stewards Academy Swim School Teaching Programme

GENERAL INFORMATION

Stewards pool is 18 metres long by 8 metres wide. The depth starts at 1 metre in the shallow end to 2 metres in the deep end, the temperature of the water is kept at 86°F (30°C) making it an ideal teaching pool.

The Swim School is operated by Stewards Academy and is dedicated to delivering a complete programme of swimming lessons for children from 5 years old to adults. From the first gentle splashes to confident swimmer, Stewards Academy Swimming School provides an excellent environment to learn to swim gently encouraging progression through the learning stages. The cost of lesson is based on £60.00 for a 12 week term. Each full term will vary in length in line with the Academy's holidays, which will govern the price of the lessons for that term.

Swim England is the governing body for swimming and we have combined our own lessons award scheme with the Swim England National Teaching programme to come up with a comprehensive structure that will guide your child from non-swimmer to a confident and capable aquanaut.

During lessons our pupils will concentrate on correct technique over shorter distances to create good foundations for the pupil to progress to longer distance and higher standards of water confidence, skills and technique.

Each term the pupils will be assessed and rewarded with a badge and certificate; this will help us to determine their swimming level and progression.

CLASSES

Children are put into classes according to their ability:

Otters	Non - swimmers
Seals	Novice shallow end
Piranha	Learners deep end
Dolphin	Improvers deep end
Shark	Advanced lengths
Stingray	Advanced lengths
Killer Whales	Top Squad



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BADGES AND CERTIFICATES

At Stewards Academy Swim School we offer a variety of award schemes to guide the children along their learning pathway. Each term your child will receive a Badge and Certificate relative to the learning that has been done during the term.

Stewards Academy Swim School Awards

Each award will have both stroke technique and aquatic skills; these awards are designed to dovetail with the Swim England's National Teaching Plan for Swimming. The awards are exclusive to Stewards Academy Swim School.

National Teaching Plan for swimming (NPTS)

These Awards from Stage 1 through to Stage 10 will guide the swimmers throughout their journey to becoming an elite swimmer. Children attaining Stage 10 are performing at club swimmer level and should be thinking about training with Harlow Penguins.

DISTANCE

Stewards Academy Swim School staff will assess all pupils over a distance swim attempt from 5 to 5,000 metres. Swimmers will receive incremental distance badges when they are achieved. If an "Official" distance is not attained, a Swim England Achievement Blank is awarded for the distance achieved.

SWIMMING CHALLENGE

In these Awards; Bronze, Silver, Gold and Honours, children are challenged to achieve set targets showing good stamina for the distance section of the award and efficient technique for the skills section. The awards increase in difficulty throughout the series.

SPRINT AWARDS

Aimed at the top level of swimmers these badges are used to enhance the swimmers speed by improving: stroke technique, starts, turns and finishes over different set distances. Anyone achieving this level of ability will be encouraged to join Harlow Penguins swimming club.



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Shallow End Classes



Otters



The Otter group is the beginner level at our swim school where they will be introduced to all aspects of the water concentrating on having fun whilst learning. We accept children from 5 years old.



Seals



Still in shallow water, this group will have or be able to achieve Stage 1 and 5 metres front and back with floats. Enjoying the water is still important but there will be more concentration on stroke technique and body position. Children should now be starting to swim without adult support and will be introduced to breaststroke and dolphin leg kick.

Deep End Classes



Piranhas



Swimming widths in the deep end, this group will have or be able to achieve Stage 2 and 10/15 metres backstroke and front crawl without floats. This group will focus on: gaining confidence in deep water, improving stroke technique and building up stamina.



Dolphins



Swimming widths in the deep end, this group will have spent 1 or 2 terms in the 'Piranha' class and will have or be able to achieve Stage 3/4 and 25 metres. The Dolphins will work on stroke technique, intermediate skills, diving and continue to build stamina in preparation for swimming lengths.

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Length Classes



Shark



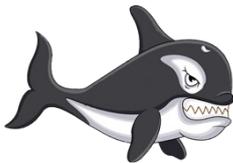
Swimming lengths of the pool, this group is for confident, fairly strong swimmers. The group will work on; maintaining good technique over middle distance swims, starts and turns plus improving diving.



Stingray



Swimming lengths of the pool this group will be strong swimmers improving technique and stamina. The group will be introduced to 'club' swimming type training, personal survival and starts and turns.

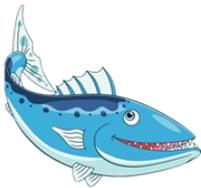


Killer Whales

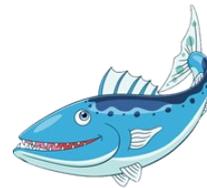


This is our 'Top Squad'. These swimmers will have achieved Gold Challenge and Stage 8 of the National Teaching Plan. Swimmers will learn sprint techniques, starts and turns. They will work on stamina and efficient stroke technique. There will also be an opportunity to play Water Polo, enjoy Water Aerobics and learn some lifesaving techniques.

Additional Needs Classes



Barracudas



Stewards Academy swim school offer one to one lessons for children with additional needs. These lessons are tailored to the individuals needs by gaining trust and creating an atmosphere that is relaxed and positive. Children with disabilities can work through the same Swim England Awards and Stewards Swim School Awards.