



The **More Swimming Academy** provides a high standard of swimming lessons to ensure we get the best from your child regardless of their age or ability.

We will be with them from first splash and every length of the way thereafter.

## Summary of the lesson stages

### Stages 8

Challenge Awards - Bronze, Silver, Gold, and Honours designed to challenge, test skills and stamina.

Water Polo, Diving, Competitive Swimming, Rookie Lifesaving, Challenge Awards

### Stages 8-10

For children who wish to develop their technique and stamina, who may also wish to swim at a competitive level.

### Stages 1-7

A unique pathway of skills and swimming techniques designed to improve strength and stamina in water. Ensures children progress at their own pace to achieve a high standard of swimming ability.



### Private lessons

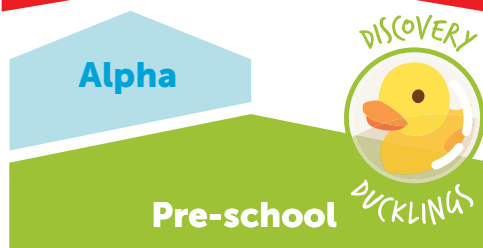
These are also available for those who need additional encouragement with 1-2-1 support from a qualified teacher.

### Pre-School Discovery Ducklings

The swimmer's 'journey through aquatics' starts with the Discovery Ducklings programme for developing water confidence in early years, encouraged through sessions such as 'adult and child' and pre-school sessions.

### Alpha

This provides the attention needed in small groups for those with a disability or special needs.



**Babies start from 3 months**