



# Abingdon Dolphins

## Abingdon Dolphins Swim Club – Expectations for Parents and Swimmers Improver 1 Class

### Information and expectations

The main focus of the syllabus is to complete the third of the Foundation Stage Awards 1-3 of the Swim England Learn to Swim programme, Stage 3, mostly in Middle water. Some children may take some time to adapt to this new situation, so seem to stand still for a while in skill development, until their deep water confidence is built. Your child will move in line with their physical development. Children develop skills at their own rate, and not in the same order, so it is not always helpful to compare notes with their friends. The programme is continuous, so the same skill set is always being developed and built on through all the stages. The best recipe for hurrying up the process is practising the skills frequently (eg. taking your child swimming with the family) and an active healthy lifestyle generally.

Classes at this stage no longer have a regular helper in the water. The environment is noisy. Please make clear to your child that they are expected to watch and, listen throughout the lesson.

### Kit

Hat and goggles at this Stage make life easier.

Hair should be tied back or under a hat.

No jewellery

One piece costumes and tight fitting trunks.

(No board shorts please, - they drag too much, making swimming very hard).

### Aims for Improver 1 class

To develop deep water confidence

Develop safe entries including submersion.

Travel up to 10 metres on the front and back, beginning to use arms and legs together. All types of movement on front and back developed, (including Crawl type actions, Breaststroke type kicking action and dolphin wiggle action, introduced generally through games). You will not be seeing 4 full strokes at this stage.

Progress push and glide and rotation skills. onackront and side from the wall holding position, (feet off floor)

Water safety knowledge, including treading water.



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## Badges that can be awarded in Improver 1 Classes

### **Learn to Swim Stage 3**

By completing this Award, without floatation equipment or support, you will be able to:

1. Jump in from poolside and submerge to a minimum depth of 1.0 metre.
2. Sink, push away from wall and maintain a streamlined position.
3. Push and glide on the front with arms extended and log roll onto the back.
4. Push and glide on the back with arms extended and log roll onto the front.
5. Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back.
6. Fully submerge to pick up an object.
7. Answer correctly three questions on the Water Safety Code.
8. Push and glide and travel 10 metres on the back.
9. Push and glide and travel 10 metres on the front.
10. Perform a tuck float and hold for three seconds.
11. Exit the water without using steps.

### **Rainbow Distance Awards**

5m, 10m 15m

### **Preliminary Water Safety Award**