



Abingdon Dolphins

Abingdon Dolphins Swim Club – Expectations for Parents and Swimmers Improver 2 Class

Information and expectations

The main focus of the syllabus is to achieve Stage 4 of the Swim England Learn to Swim programme. The emphasis of this scheme is not on swimming distance, but on developing the core strength and stability, coordination and balance, focusing on kicking skills on all 4 strokes. Children develop skills and strokes 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 skills are always being developed and built on through all the Stages. The best recipes for hurrying up the process are practising the skills frequently (eg. taking your child swimming with the family) and an active healthy lifestyle generally. Classes may use widths, short lengths or whole lengths and deep and shallow water for different activities.

Kit

Goggles essential.

1-piece swimming costume for girls, tight fitting trunks or shorts for boys (No board shorts please, - they drag too much, making swimming very hard).

Hat or hair tied away from face

No jewellery

All other equipment will be provided

Aims for Improver 2 class

Develop the understanding of buoyancy through a range of skills.

Refine kicking technique for all strokes. Introducing arm action to all strokes over short distances. Sculling skills. Swimming 10 metres to a given standard (as directed by Swim England expected Standards).

Develop push and glide and rotation skills.

Deep water confidence, including travel underwater.

Children will have to demonstrate that they can perform a skill confidently every time to achieve an outcome.



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Badges that can be awarded in Improver 2 Classes

Learn to Swim Stage 4

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

1. Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating.
2. Push and glide from the wall towards the pool floor.
3. Kick 10 metres backstroke (one item of equipment optional).
4. Kick 10 metres front crawl (one item of equipment optional).
5. Kick 10 metres butterfly on the front or on the back.
6. Kick 10 metres breaststroke on the front (one item of equipment optional).
7. Perform a head first sculling action for 5 metres in a flat position on the back.
8. Travel on back and log roll in one continuous movement onto front.
9. Travel on front and log roll in one continuous movement onto back.
10. Push and glide and swim 10 metres, choice of stroke is optional.

Rainbow Distance Awards

15m

20m

Stroke Awards possible

Front Crawl

Back Crawl

Breaststroke

Butterfly