



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

Challenge Awards and Rookie Lifeguard

Swim England Challenge Awards (Bronze, Silver, Gold & Honours). RLSS UK Rookie Lifeguard Programme (Bronze, Silver & Gold)

Diving, Rookie Lifesaving, Challenge Awards and Competitive Swimming

Stages 8-10

Swimmers are encouraged to take part in different aquatic disciplines that develop their fundamental skills, technique and stamina.

Stages 1-7

Following the Swim England Learn to Swim Awards. These are divided into progressive stages. They make up the core, national syllabus of learning to swim for primary school aged children. They are designed to reward your child for their development of the essential aquatic skills they need to be confident, competent and safe in the water.



Private lessons

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

Disability

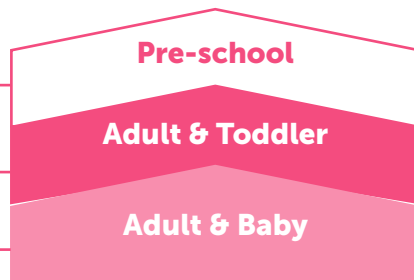
Swimming lessons for all types of SEND. The Swim England Water Skills Awards support intensive activity programmes and reward your child for successfully developing eight out of 10 skills across six grading levels, or six out of eight skills if your child has a disability.

Under 5's

From 3 years

From their first steps/walking

Babies from birth with approval from health visitor



Our Adult and Child lessons

are the start of a child's aquatics journey to develop water confidence and awareness. These lead to our pre-school classes which allow swimmers the skills to progress to our main learn to swim programme when they start school.