

LIVE BORDERS SWIM & AQUATICS

Learn to Swim

PRESCHOOL

Aim: To become water confident and develop core aquatic skills (without adult assistance but with buoyancy aids as required).

- Objectives:**
- Introduce complete non-swimmers to the aquatic environment and establish an understanding of safety in and around water
 - Develop and progress water confidence
 - Establish an understanding of basic core aquatic skills
 - Encourage independent movement
 - Develop skills through enjoyment, fun and self-discovery

SWIM SKILLS 1

Aim: To further develop water confidence and develop core aquatic skills without aids.

- Objectives:**
- Develop confidence and ability to perform a wide range of core aquatic skills without buoyancy aids
 - Develop the basic technique of the 4 strokes
 - Introduce the basic technique of sculling
 - Develop balance and buoyancy through a variety of activities

SWIM SKILLS 2

Aim: To increase the competency of the core aquatic skills and develop basic stroke technique.

- Objectives:**
- Introduce and progress new core aquatic skills
 - Develop stroke technique to include all 4 strokes
 - Introduction to diving (pool permitting)
 - Develop awareness and feel for the water through a variety of core aquatic skills

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SWIM SKILLS 3

Aim: Introduce more advanced stroke technique and achieve Triple S standard.

- Objectives:**
- Further develop competency in all four strokes
 - Development of Diving
 - Achieve the Triple S Award / Scotland Safer Swimmer Award
 - Further develop Butterfly and Breaststroke aiming to achieve legal technique

SWIM SKILLS 4

Aim: To improve the quality of stroke technique, introduce multi-aquatic skills/disciplines and basic lifesaving skills.

- Objectives:**
- To demonstrate competent technique in all four strokes
 - Introduce lifesaving skills and basic aquatic discipline skills
 - To provide basic skills to enable progression in to all aquatic disciplines including life saving



Scottish
Swimming
Swim

CLUB READY SWIM

Aim: To improve and maintain stroke technique over distance and develop basic training and race skills producing a swimmer who is 'Club Ready'.

- Objectives:**
- Advance swimming stamina in all four strokes while maintaining technique
 - Improve efficiency in all 4 strokes
 - Develop turn technique for all 4 strokes
 - Knowledge and understanding of club training practices in a variety of core aquatic skills