



Framework

Introducing children to exercise at an early age promotes fitness, wellbeing and often helps to support a regular sleeping and eating pattern. All of our classes support children to progress and develop at their own pace. Groups of awards can be achieved at each stage of the Time to swim pathway and all children are encouraged to achieve their best during each session.

Structured sessions with instruction and guidance

Discovery Duckling: 4 months to 2 years

Awards 1 to 4

The Discovery Duckling classes are the start of the learn to swim experience with guidance from a qualified instructor. These classes are for babies, toddlers and their parents who are new to the world of swimming. It can be a very nervous time taking a child to the pool for the first time and our lessons can help to make the experience enjoyable and rewarding. Swimming at this stage with adult support is good for promoting wellbeing and is ideal for gaining water confidence at an early age. The benefits of our sociable swimming lessons encourage coordination, learning, safety skills, bonding and much more in a relaxed environment.

Duckling: 2 to 3 years

Awards 1 to 4

Duckling classes are ideal for toddlers and pre-school children to progress their learning with the support of an adult and guided by qualified instructors. These classes are designed to nurture water confidence and encourage children to develop at their own pace, combined with their parent's instruction. This interaction along with other participants will increase independence, improve communication and prepare them for learning basic swimming skills.

Dippers Pre-School: 3 to 4 years

Stage 1

The Pre-School classes are an introduction to swimming without parental assistance in a controlled group setting lead by qualified instructors assisting in the water. The positive learning environment will increase confidence while focusing on coordination and propulsion leading to independent movement without adult support. Games and activities will engage imagination to allow each child to learn new skills and increase their knowledge.

Independent sessions without instruction and guidance

Little Ducklings: Under 5 Years

No Awards

The Little Ducklings is an unstructured casual session for accompanied children under the age of 5 years. This pay as you go session is without instruction and provided during term time only. Toys are provided for free play and confidence building without structure. There are many benefits of social swimming sessions which encourage water confidence in adults and children as well as gaining an enjoyable and rewarding experience in the water together. Improvements in coordination, learning, bonding and much more can be experienced in a safe and unconfined environment.