

Join the Swimming Academy!

Bradford Swimming Pool

Station Approach
Bradford on Avon
BA15 1DF
01225 862970

Melksham Blue Pool

Market Place Melksham
SN12 6ES
01225 703525

Trowbridge Sports Centre

Frome Road Trowbridge
BA14 0DJ
01225 764342

Warminster Sports Centre

Woodcock Road Warminster
BA12 9DQ
01985 212946

Westbury Swimming Pool

Church Street Westbury
BA13 3BY
01373 822891



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Fitness Industry Association
Operator of the Year 2006 & 2009

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sa
swimming
academy

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DC Leisure Management Ltd working in partnership with Wiltshire Council.

Join the Swimming Academy today!

Learning to swim is a great experience for everyone and through increased knowledge you or your children will learn a life saving skill. Enjoy swimming throughout childhood and into adult life that will be invaluable in maintaining a healthy lifestyle.

The Swimming Academy is based on the National Plan for Teaching Swimming (NPTS) which is underpinned by Long Term Athlete Development principles with a clear progression between each stage and is focused on four key areas:

- Skill Development
- Understanding and awareness
- Stroke Development
- Repetition and reinforcement

All Swimming Academy teachers are ASA qualified. The Academy also provides links to Clubs and Development Classes enabling children to further their aquatic careers and take part in training programmes in their chosen aquatic activity.

Introduction to the water with parents in the water, Ducklings Foundation level of the ASA National Plan for Teaching Swimming				
Small groups with the teacher in the water introduction and development of water confidence, buoyancy and movement in the water. These classes are age specific. Pre School/Cygnets Lessons				
Stage 1 Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use aids, e.g. arm bands, floats etc.				
Stage 2 Developing safe entries to the water, including jumping in, basic floating, travel and rotation unaided to regain upright positions. Swimmers may use aids, e.g. floats etc				
Stage 3 Developing safe entries including submersion, travel up to 10 metres on the front and back, progress rotation skills and water safety knowledge				
Stage 4 Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, and swimming 10m to a set standard.				
Stage 5 Developing 'watermanship' through sculling and treading water skills, and complete rotation, also performing all strokes to the given standard as directed by the ASA.				
Stage 6 Developing effective swimming skills including coordinated breathing; developing the water safety aspects and understanding of preparation for exercise.				
Stage 7 Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills accomplished throughout stages 1 – 7.				
Stage 8-10 - FUNDamental Sport Skills* Once the Swimmer has developed the core range of skills required to be confident, competent and safe in water through Stages 1 – 7, the Swimmer may then have the choice to take part in different aquatic disciplines.				
Competitive Swimming	Mini-Polo (Water polo)	AquaFun (Synchronised swimming)	Flip n Fun (Diving)	Rookie Lifesaving
Basically a way to continue with swimming as the main focus, the aim is to lead the way for a move to a Swimming Club.	A simpler more basic version of the game of Water Polo, developing teamwork and having fun.	Covering basic Synchronised Swimming moves whilst having fun & building confidence in the water.	Covering FUNDamental Diving skills from the poolside in a safe & fun way.	The ASA and the Royal Life Saving Society (RLSS) have worked closely together in developing in producing basic lifesaving / water safety and life guarding awards that link into the ASA NPTS.

*Please note: stage 8-10 aquatic disciplines may not be available at every Centre.

Contact our Swimming Academy co-ordinator today for more details.