

## Lesson Descriptions

### Parent and baby and Pre-school lessons Term Time only

#### Discovery Ducklings levels 1 to 4 (4 - 36 months)

##### (parent or guardian in the water)

The Discovery Duckling Awards are the start of the learn to swim experience for all children. These awards are perfect for babies and toddlers and pre-school children who are new to swimming lessons. Ideal for gaining water confidence while staying close to adult support

#### Ducklings levels 1 to 4 (3 years +)

Duckling Awards are the next step on from the Discovery Duckling Awards. They are designed to help toddlers enjoy learning to swim. Duckling 1 will see children start to move by themselves in the water. By Duckling 4 they will be jumping in, going underwater, floating and travelling without support.

### After School Lessons

#### Stage 1

For children 4 years + not yet water confident.

Aiming to achieve: Basic safety awareness and movement skills, able to travel unaided a distance of 5 metres on front and back.

#### Stage 2

For children who are water confident and able to travel a distance of 5 metres on front and back.

Aiming to Achieve: Basic floatation and rotation skills and swim a distance of 5 metres on front and back with a basic knowledge of breaststroke.

**Parent and Baby Term Time Course:**

Class	Day	Time	Age
Discovery Ducklings 1	Monday	10:00am	4-12 Months
Discovery Ducklings 1	Wednesday	1:00pm	4 -12 Months

Discovery Ducklings 2	Monday	10:30am	12 - 24 Months
Discovery Ducklings 2	Tuesday	10:30am	12 - 24 Months
Discovery Ducklings 2	Wednesday	1:30pm	12 - 24 Months

Discovery Ducklings 3	Monday	11:00am	24 months +
Discovery Ducklings 3	Tuesday	11:00am	24 months +

Discovery Ducklings 4	Tuesday	11:30am	24 months +
Discovery Ducklings 4	Thursday	12:00pm	24 months +

**Pre-School Lessons Term Time Course:**

Ducklings 1	Monday	11:30am	3 + years
Ducklings 1	Monday	12:00pm	3 + years
Ducklings 1	Tuesday	12:00pm	3 + years
Ducklings 1	Wednesday	2:00pm	3 + years
Ducklings 1	Thursday	12:30pm	3 + years
Ducklings 1	Thursday	1:00pm	3 + years
Ducklings 2	Monday	12:30pm	3 + years
Ducklings 2	Tuesday	12:30pm	3 + years
Ducklings 2	Wednesday	2:30pm	3 + years
Ducklings 2	Thursday	1:30pm	3 + years
Ducklings 3	Tuesday	1:00pm	3 + years
Ducklings 3	Thursday	2:00pm	3 + years
Ducklings 4	Tuesday	1:30pm	3 + years
Ducklings 4	Thursday	2:30pm	3 + years

**After School Lessons - Teaching Pool**

Class	Day	Time	Age
Stage 1	Monday	4.00pm	4 + years
Stage 1	Monday	4.30pm	4 + years
Stage 1	Wednesday	5:00pm	4 + years
Stage 1	Thursday	4:00pm	4 + years
Stage 1	Friday	4:00pm	4 + years
Stage 1	Saturday	8:30am	4 + years

Stage 2	Monday	5:00pm	4 + years
Stage 2	Monday	5:30pm	4 + years
Stage 2	Tuesday	4:00pm	4 + years
Stage 2	Wednesday	5.30pm	4 + years
Stage 2	Wednesday	6:00pm	4 + years
Stage 2	Thursday	4:30pm	4 + years
Stage 2	Thursday	5:00pm	4 + years
Stage 2	Friday	4:30pm	4 + years
Stage 2	Friday	5:00pm	4 + years
Stage 2	Saturday	9:00am	4 + years
Stage 2	Saturday	9:30am	4 + years

Timetable may be subject to change