

Stage 3

For children who can very confidently swim 5m+ on front and back without aids. Aiming to Achieve: Water safety knowledge, Rotation and to swim a distance of 10 metres on front and back and a distance of 5 metres basic breaststroke.

Stage 4

For children who can very confidently swim 10m on front and back, and 5 metres breaststroke. Aiming to Achieve: Understanding of buoyancy, ASA expected standard leg action on all strokes and swim front crawl and back stroke for a distance of 15m, breaststroke for 10 metres, basic dolphin leg action

Stage 5

For children who can swim 15m on their front and back, 10 metres breaststroke and 10 metres dolphin leg action.

Aiming to achieve: Sculling skills, and swim all strokes for a distance 25m front & back 20m breaststroke, 10 metre butterfly to the given standard as directed by the ASA.

Stage 6

For children who can perform all strokes to the given standard as directed by the ASA, and swim a distance of 25 metres

Aiming to Achieve: Improving stamina and maintaining technique across all four strokes, developing water safety and understanding preparation for exercise.

Stage 7

For children who can perform all strokes to the given standard as directed by the ASA, and swim a distance of 50 metres. Aiming to Achieve: developing quality stroke technique up to 100 metres, and incorporating skills learnt from stage 1 to perform a group routine and obstacle course and basic starts and turns.

Sevenoaks Leisure Centre

Main Pool Lesson Programme

After School Lessons - Main Pool

Class	Day	Time	Age
Stage 3	Monday	6:00pm	4+ years
Stage 3	Tuesday	4:00pm	4+ years
Stage 3	Tuesday	5:30pm	4+ years
Stage 3	Wednesday	6:30pm	4+ years
Stage 3	Thursday	4:00pm	4+ years
Stage 3	Thursday	4:00pm	4+ years
Stage 3	Friday	4:00pm	4+ years
Stage 3	Friday	4:30pm	4+ years
Stage 3	Friday	5:30pm	4+ years
Stage 3	Saturday	8:30am	4+ years
Stage 3	Saturday	10:00am	4+ years
Stage 4	Monday	4:00pm	4+ years
Stage 4	Monday	6:30pm	4+ years
Stage 4	Tuesday	4:30pm	4+ years
Stage 4	Tuesday	6:00pm	4+ years
Stage 4	Wednesday	4:30pm	4+ years
Stage 4	Thursday	4:30pm	4+ years
Stage 4	Thursday	5:00pm	4+ years
Stage 4	Friday	4:30pm	4+ years
Stage 4	Friday	6:00pm	4+ years
Stage 4	Saturday	9:00am	4+ years
Stage 4	Saturday	10:30am	4+ years

Class	Day	Time	Age
Stage 5	Monday	4:30pm	5+ years
Stage 5	Monday	5:00pm	5+ years
Stage 5	Tuesday	4:00pm	5+ years
Stage 5	Tuesday	5:00pm	5+ years
Stage 5	Thursday	4:30pm	5+ years
Stage 5	Friday	5:00pm	5+ years
Stage 5	Friday	5:30pm	5+ years
Stage 5	Saturday	9:30am	5+ years
Stage 5	Saturday	11:00am	5+ years
Stage 6	Monday	4:30pm	6+ years
Stage 6	Monday	5:30pm	6+ years
Stage 6	Tuesday	4:30pm	6+ years
Stage 6	Friday	5:00pm	6+ years
Stage 6	Friday	5:30pm	6+ years
Stage 6	Saturday	10:00am	6+ years
Stage 7	Tuesday	5:00pm	6+ years
Stage 7	Friday	6:00pm	6+ years
Stage 7	Saturday	10:30am	6+ years
Stage 8	Tuesday	5:30pm	6+ years
Stage 8	Friday	6:00pm	6+ years
Stage 9	Tuesday	6:00pm	6+ years
Stage 10	Tuesday	6:30pm	6+ years
Adult Beginner + intermediate	Wednesday	7:00pm	16 +