



Worthing Swimming Club

Swimming Teaching Programme



Worthing Swimming Club follow the National Plan for Teaching Swimming, which contains 7 stages for developing FUNdamental movement skills.

Saturday Morning – Stages 1 & 2

Tuesdays & Thursdays – Small Pool – Stages 3 & 4

Tuesdays & Thursdays – Large Pool – 7 – 7.30 p.m. – Stages 5 & 6

Tuesdays & Thursdays – Large Pool – 7.30 p.m. – Stage 7

The stages on the plan, prepare swimmers for moving on to either, competitive swimming, diving or water polo, all available within the Club.

If you have any questions about the teaching plan, please speak to Peter McCallum or Dawn Osborne.

An Overview of the National Plan for Teaching Swimming

Stage 1: (Saturday Morning)

Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use aids. e.g. floats.

Stage 2: (Saturday Morning)

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.

Stage 3: (Tuesdays & Thursdays – Small Pool)

Developing safe entries including submersion, travel up to 10 metres on the front and back, progress rotation skills and water safety knowledge.

Stage 4: (Tuesdays & Thursdays – Small Pool)

Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes and swimming 10 metres to a given standard as directed by the ASA.

Stage 5: (Tuesdays & Thursdays – Large Pool)

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: (Tuesdays & Thursdays – Large Pool)

Developing effective swimming skills including co-ordinated breathing; developing the safety aspects and understanding of preparation for exercise.

Stage 7: (Tuesdays & Thursdays – Large Pool)

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.

Once all of the outcomes of each stage have been completed, a certificate and a badge are available to purchase: See Peter McCallum.