

GROUP NAME	APPROX ASA LEVEL	APPROX AGE OF CHILD	POOL AREA	SWIMABOUT CLASS DESCRIPTION
 STARFISH	DUCKLING 1-3	2-4	SHALLOW 1	Our foundation sessions, ideal for beginners or nervous children starting their aquatic journey. Skills they will learn include confidence in the water, basic movements in the water. Let our teachers gently help your child to gain confidence in the water on their own and introduce them to a range of floatation aids to help them.
 SEAHORSES	DUCKLING 2-4	3-5	SHALLOW 2	The beginner group is best for those that are more confident in the water and can move around with ease using floatation aids. Here they will grow in confidence and start to move independently through the water as we instil the basics of different movements, and an introduction to strokes, getting the correct body position in the water.
 CLOWNFISH	ASA 1-3	4-6	MIDDLE 3	Our intermediate sessions help children build on their ability and confidence, and start instilling improving on technique. There is more focus on stroke work and technique with the Clownfish group, working towards a more streamlined position in the water.
 TURTLES	ASA 2-4	5—7	DEEP END 4	These improver sessions are designed to further improve your child's skill set and swim technique as well as stamina and strength in the water. Our aim is to increase our pupils swimming efficiency in the water.
 DOLPHINS	ASA 5-7	6-9	LANE AREA 5	Our advanced group is ideal for children who now need a longer lane swim to fully get the rhythm of the stroke. Here they will work to perfect each of the 4 swim strokes, building their strength and stamina whilst also introducing water safety.
 ROOKIES	ASA 6 MINIMUM	8+	WHOLE POOL	Our Rookie course is designed for any swimmer that has reached the 'end' of the swimming syllabus and not wanting to go competitive but still stay in swimming, learn new skills and still develop stroke strength and stamina, plus have lots of fun through on the way! In this class they can also work towards RLSS accredited awards as well as distance awards.

Please Note: These groupings are designed only to give you an idea of what standard your child is at when choosing the right class for booking your child in. However there are many different variables to be considered when placing children into groups (timings, swimming personality, siblings, behaviour etc), which means that the above is not necessary set in stone.