

Swimming Lessons



FOUNDATION PROGRAMME

Adult and baby and pre-school sessions.

STAGE 1 2 3 4 5 6 7

Develop confidence and safety in water.

STAGE 8 9 10

Water Polo, Diving, Competitive and Synchronised Swimming, Lifesaving, Rookie Lifeguard, Bronze Medallion, Pool Lifeguard.

ADULT SWIMMING LESSONS

Learn from scratch or improve skills.

ONE-TO-ONE SWIMMING LESSONS

Private swimming tuition for all ages.

Stafford Leisure Centre follows the Amateur Swimming Association (ASA) National Plan for Teaching Swimming (NPTS). The NPTS takes the non-swimmer on a journey, from the first splash at four months old to developing confidence and competence in the water.



All teaching staff at Stafford Leisure Centre are ASA Qualified: Level 2 Teachers take the lead in the lessons, often working with a Level 1 Assistant, ensuring our swimming lessons are of consistently high quality.

FOUNDATION PROGRAMME

Designed for developing early years with 'adult and baby' and 'pre-school' sessions, these are an introduction to the swimming world. The emphasis is upon development of basic motor skills, confidence building and an introduction to water and the swimming environment through fun and games. These sessions are working towards the ASA Duckling Awards.

STAGES 1 to 7

Swimmers develop the core range of skills required to be confident, competent and safe in water through stages 1 to 7, and they may then wish to take part in different aquatic disciplines.

STAGES 8 to 10 | FUNDAMENTAL SPORT SKILL

Stage 8, 9, and 10 of the National Teaching Plan are discipline specific and have synergy with the grass roots programmes developed by the disciplines to support their individual sports. These are as follows:

Water Polo [Mini-Polo] | Diving [Flip 'n' Fun] | Competitive Swimming | Lifesaving, Rookie Lifeguard, Bronze Medallion and Pool Lifeguard | Synchronised Swimming [Aqua Fun].

ADULT SWIMMING LESSONS

Stafford Leisure Centre is delighted to offer the chance for adults to learn to swim, either to learn from scratch or to improve their technique and skills.

ONE-TO-ONE SWIMMING LESSONS

For all ages and abilities private swimming tuition is available.