

PRE-SCHOOL SWIMMING



DISCOVERY DUCKLINGS

Ages 6 months – 3 years

Parent and child sessions designed to introduce babies and toddlers to the water through fun activities, songs and games.

Children develop:

- Water confidence
- Balance and movement
- Floating skills
- Safe water habits
- Bonding and social interaction

A fantastic first step into swimming.



DUCKLINGS

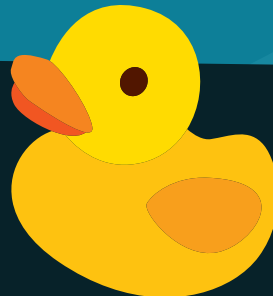
Ages 3 – 4 years

The next stage of preschool swimming, helping children become more independent in the water whilst building confidence and key aquatic skills.

Children progress through Duckling Awards 1–4, learning:

- Safe entries and exits
- Floating and gliding
- Submerging confidently
- Jumping into the water
- Travelling independently
- Basic water safety skills

By Duckling 4, children are ready to move into the Learn to Swim programme.



Scan for more information about the **Duckling swimming awards**



For more information about our **swimming lessons** Scan the QR code

WHY CHOOSE EVERYBODY?

Our swimming lessons are designed to:

- Build confidence
- Develop water safety skills
- Improve technique
- Encourage healthy lifestyles
- Create a lifelong love of swimming

All lessons follow the nationally recognised Swim England Learn to Swim Framework.

LEARN TO SWIM STAGES 1–7

Ages 4+: The core Swim England programme develops safe, confident and competent swimmers through a structured pathway of learning.

STAGE 1

Building water confidence.

Children learn:

- Safe pool entry and exit
- Floating and gliding
- Basic movement in the water
- Pool safety awareness

STAGE 2

Developing independence.

Children learn:

- Jumping into the water safely
- Breathing control
- Rotations and floating
- Front and back propulsion

STAGE 3

Building stronger swimming foundations.

Children learn:

- Streamlining
- Submersion skills
- Improved coordination
- Swimming short distances independently

STAGE 4

Introducing swimming strokes.

Children begin developing:

- Front crawl
- Backstroke
- Breaststroke
- Butterfly leg action
- Sculling and body control

STAGE 5

Developing technique and confidence.

Children learn:

- Deep water confidence
- Treading water
- Improved stroke technique
- Water safety and survival skills

STAGE 6

Building stamina and efficiency.

Children focus on:

- Swimming longer distances
- Rhythmic breathing
- Stroke development
- Personal survival and rescue skills

STAGE 7

Confident and competent swimmer.

- Strong technique across all four strokes
- Endurance and fitness
- Advanced water safety skills
- Readiness for competitive or advanced aquatic pathways

CONTINUE YOUR SWIMMING JOURNEY

After Stage 7, swimmers can progress into:

- Competitive swimming
- Artistic swimming
- Rookie Lifeguard
- Aquatic skills
- Next Gen programmes
- Water polo



**FIND YOUR
STAGE &
BOOK TODAY!**