

# Swim School - Learn 2 Swim



## Swim School - Learn 2 Swim

**Lead Teacher:** Katherine Jones – [lc.l2swim@livingstondolphins.co.uk](mailto:lc.l2swim@livingstondolphins.co.uk)

**Teachers:** Amie Shepherd  
Ellen Norris  
Hamish Alsop  
Lauren Davidson  
Eilidh MacFarlane  
Eilin Alsop  
Emma Govan  
Alasdair Dunse  
Lara Torrance  
Lucy McNaughton  
Connor Williams  
Paige Ross

**Pool Aides:** To Be Confirmed

**Squad Coordinator:** [swimschool@livingstondolphins.co.uk](mailto:swimschool@livingstondolphins.co.uk)



**Training Venue:** St Margaret's Academy  
 Howden South Road  
 Livingston  
 West Lothian  
 EH54 6AT  
 01506 497104  
[wlstmargarets-ac@westlothian.org.uk](mailto:wlstmargarets-ac@westlothian.org.uk)

**Training Times:**

Saturday	St Margaret's Academy	Pre-School	11:00 – 15:00
		Swim Skills 1	11:00 – 15:00
		Swim Skills 2	11:00 – 15:00
		Swim Skills 3	11:00 – 15:00
		Swim Skills 4	15:00 – 16:00

**Squad Fees:**

Pre-School (PS)	£20
Swim Skills 1 (SS1)	£20
Swim Skills 2 (SS2)	£20
Swim Skills 3 (SS3)	£20
Swim Skills 4 (SS4)	£25
1-2-1's	£10

**Bank Account Details:**

Account Name	Livingston and District Dolphins ASC
Account Number	00392913
Sort Code	80-08-80

Est. 1984

**Squad Entry:**

The Dolphins Swim School is the main feeder into the LDD Development Club structure. At the Dolphins Swim School our belief is that everyone can swim. We try our best to ensure our lessons are inclusive for everyone, irrespective of ability. Our lessons follow the National Framework for Swimming. We have a number of dedicated UKCC level 1 and level 2 teachers who lead the classes and a great number of poolside helpers, who are either previous or current club swimmers who also assist with our lessons. We try our best to ensure every lesson is productive, challenging, and at the same time, enjoyable.

Swim Skills 1 – 3 follow a 25-minute lesson plan with 5 minutes to allow for swimmers to leave the pool and for the next class to get ready to start.

**Please ensure your swimmer is on poolside 5 minutes before their lesson starts.**

Swim Skills 4 runs on a 45-minute lesson plan, this allows swimmers to clear the pool and be changed and ready for the school closing at 16:00.

**Please ensure your swimmer is on poolside 5 minutes before their lesson starts.**

If interested, contact us by email: [swimschool@livingstondolphins.co.uk](mailto:swimschool@livingstondolphins.co.uk) and we will get back to you as soon as possible to arrange a trial.

**Swimmers Kit:**

All swimmers must have the following equipment.

- Swimming costume
- Goggles (including spare pair)
- Swimming cap
- Pool shoes
- Water bottle (Swim Skills 4)

**Learn 2 Swim  
Aims and Goals:**

<u>Level</u>	<u>Aim</u>
<b>Pre School:</b>	To become water confident and develop core aquatic skills (without adult assistance but buoyancy aids as required)
<b>Swim Skills 1:</b>	To further develop water confidence and develop core aquatic skills without aids
<b>Swim Skills 2:</b>	To increase the competency of the core aquatic skills and develop basic stroke technique
<b>Swim Skills 3:</b>	Introduce more advanced stroke technique and achieve Triple S Standard
<b>Swim Skills 4:</b>	To improve the quality of stroke technique, introduce multi- aquatic skills/disciplines and basic lifesaving skills.
<b>Learning Objectives</b>	
<b>Pre School:</b>	<ol style="list-style-type: none"> <li>1. Entering and exiting the pool safely without assistance</li> <li>2. Display aquatic breathing with full submerging (blowing bubbles through mouth and nose)</li> <li>3. Fully Submerge body</li> <li>4. Demonstrate floatation on front and back with or without a buoyancy aid</li> <li>5. Demonstrate streamlining on front or back with or without a buoyancy aid</li> <li>6. Travel 5 m on front and back with or without a buoyancy aid</li> <li>7. Jump in without assistance</li> <li>8. Demonstrate 3 different movements across the pool</li> </ol>
<b>Swim Skills 1:</b>	<ol style="list-style-type: none"> <li>1. Demonstrate floatation on front and back without a buoyancy aid</li> <li>2. Demonstrate a mushroom float</li> <li>3. Demonstrate a push and glide</li> <li>4. Kick on front and back with or without a float for 10 meters</li> <li>5. Swim a minimum of 10m consistently demonstrating Front crawl</li> <li>6. Swim a minimum of 10m consistently demonstrating Backcrawl</li> <li>7. Show Rotation from Floating position front to back and back to front</li> <li>8. Demonstrate a sculling action</li> <li>9. Demonstrate repetitive bobbing for 30 seconds</li> </ol>

<b>Swim Skills 2:</b>	<ol style="list-style-type: none"> <li>1. Demonstrate a push and glide with leg kick for 5 meters holding a streamline position</li> <li>2. Kick on front and back for a minimum 15 meters</li> <li>3. Swim Front crawl with regular breathing for a minimum 15 meters</li> <li>4. Swim Backcrawl consistently for a minimum 15 meters</li> <li>5. Demonstrate Breaststroke leg kick</li> <li>6. Scull for 10 meters head first on back supported</li> <li>7. Head first surface dive to collect object on bottom of the pool (1.2 meters minimum)</li> </ol>
<b>Swim Skills 3:</b>	<ol style="list-style-type: none"> <li>1. Travel on front and perform a somersault finishing in a streamline position</li> <li>2. Swim 25 meters Front crawl and Backcrawl consistently maintaining correct technique</li> <li>3. Demonstrate Breaststroke with simultaneous leg and simultaneous arm action</li> <li>4. Demonstrate basic Butterfly technique</li> <li>5. Travel 5 meters with an undulating body action</li> <li>6. Tread water for 30 seconds waving one hand above head to attract attention</li> <li>7. Triple S Standard – completing the award</li> <li>8. Enter and exit the pool without using the steps</li> <li>9. Scull for 10 meters</li> </ol>
<b>Swim Skills 4:</b>	<ol style="list-style-type: none"> <li>1. Swim minimum 50 meters on Front crawl demonstrating push and glide, competent technique with bi-lateral breathing, high elbow and reach and pull</li> <li>2. Swim minimum 50 meters of Backcrawl demonstrating push and glide, good technique, steady head position with rolling of the shoulders round the long axis</li> <li>3. Swim 50 meters of Breaststroke demonstrating push and glide, competent technique and basic undulation</li> <li>4. Swim minimum 15 meters of Butterfly demonstrating push and glide, competent technique and basic undulation</li> <li>5. Perform a dive with transition to any stroke</li> <li>6. Perform a straddle jump and tread water for 45 seconds</li> </ol>