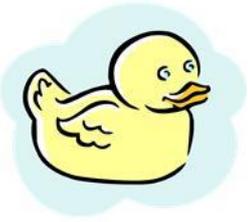
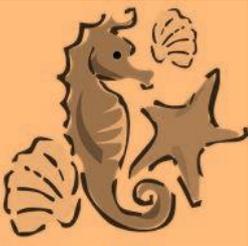


## Follow the ASA Learn to Swim Pathway at Astley Community High School

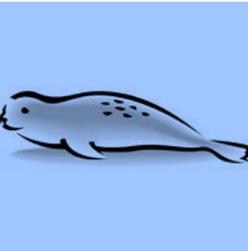
From their first splash to confidence and competence in the water, our swimming groups support children to learn to swim as well as awareness of water safety and personal survival.



**Ducks and Ducklings** - Suitable for non-swimmers of any age (including babies) to build confidence in the water. Must be accompanied in the pool by an adult who does not need to be able to swim. This group is a must for nervous children.



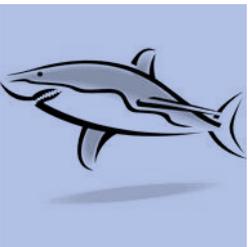
**Seahorses** - Suitable for ASA Stages 1-2. This fun session uses games to develop safe entry and exit skills and the ability to travel and glide and submerge in the water.



**Seals** - Suitable for ASA Stages 3-4. This session promotes good technique in sculling, push and glides and rotations. Swimmers will also gain the ability to travel 10 metres front and back, and develop good technique in all four leg kicks.



**Sea Lions** - Suitable for ASA Stages 5-6. Initially this session builds on stages 3-4 to develop good technique on all four strokes over 10 metres. Swimmers then go onto develop aquatic breathing to enable them to swim at least 25 metres.



**Sharks** - Suitable for ASA Stage 6+. This session promotes efficiency speed and stamina in the water by further developing the skills learnt in the earlier sessions.



**Delaval Dolphins** - Join our Swimming Club suitable for ASA Stage 7+ and intended for swimmers who want to go onto competitive swimming. The session is based on how to follow a training programme using a pace clock to promote racing technique including starts and turns.

12 week programmes run during school term-times for £56 including unlimited badges and certificates. More information at [www.astleyhigh.org](http://www.astleyhigh.org) or telephone 0191 237 1505.