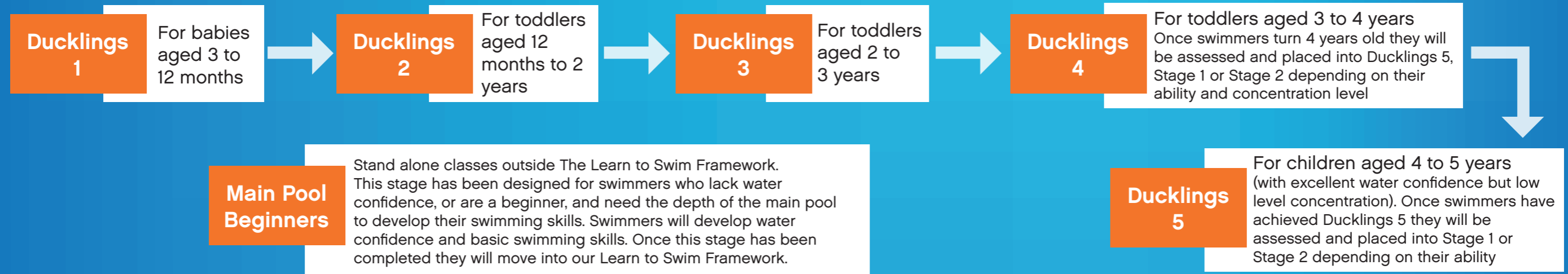


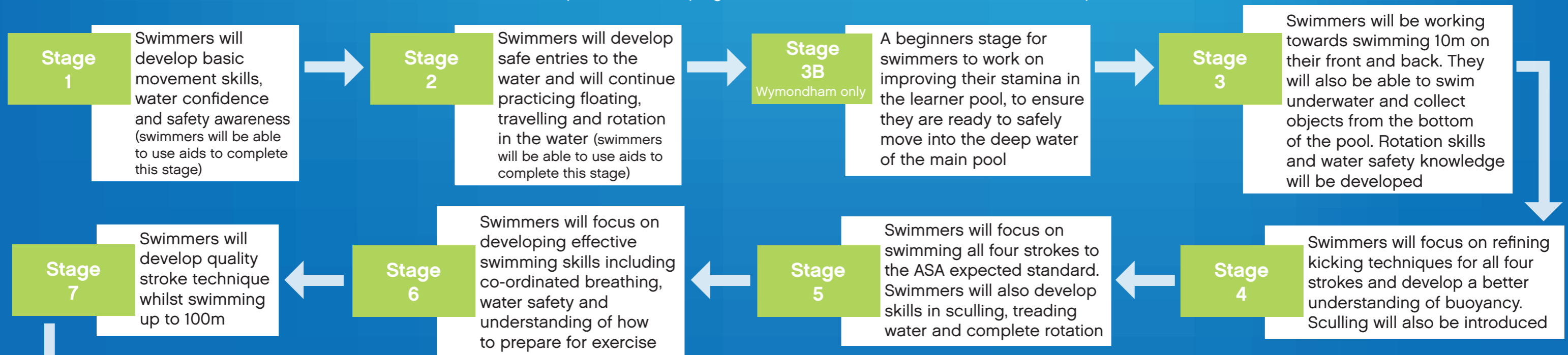
Ducklings Foundation Framework

Our Ducklings stages are designed for swimmers aged 3 months to 5 years and are run in line with the ASA Foundation Framework. These Duckling classes are the start of the Learn to Swim experience for all children.



Learn To Swim Framework (Stages 1 - 7)

The Learn to Swim Framework is part of the ASA Learn To Swim Journey. Our programme will take the non swimmer from their first splash, to developing confidence and water based skills, to the complete swimmer.



Competitive swimming (Stages 8 - 10)

Once swimmers have achieved Stage 7 they will move into our Squad sessions. During these sessions, swimmers will swim distance up to 1600m and be introduced to competitive swimming skills.

