The Aquatics Pathway at



Summary of our lesson stages

FUNdamental Sports Skills

- Bronze, Silver, Gold Swimming Challenge Awards
 - Bangor Swim Club Competitive Swimming
 - Diving Lessons Competitive Diving/DANI
 - Waterpolo Bangor Barracudas

• Swim for Life - H20 Membership, Adult Lessons & So Swim

By the end of Stage 7 of the Learn to Swim Programme, your children should have reached 10 outcomes. Swimmers should complete outcomes without support.

During level 6 of the Learn to Swim Programme, your children will focus on developing effective swimming skills including co-ordinated breathing, water safety and an understanding of how to prepare for exercise.

In level 5 of the Learn to Swim Programme, your children will focus on swimming all four strokes to the Swim Ireland expected standards. Swimmers will also develop skills in sculling, treading water and complete rotation.

In level 4 of the Learn to Swim Programme, swimmers will focus on refining kicking techniques for all four strokes and develop a better understanding of buoyancy.

During level 3, your children work towards being able to swim 10m on their front and back and will be able to swim underwater to collect objects from the bottom of the pool. Rotation skills and water safety knowledge will also be developed.

During level 2 your children will develop safe entries to the water and will continue to practice floating, travel and rotation in the water. Remember swimmers can still use aids e.g. arm bands and floats to help complete this stage.

In level 1 of the Learn to Swim Programme your children will develop basic movement skills, water confidence and safety awareness. The swimmers will be able to use aids e.g. arm bands and floats to help complete this stage.

Stages 9 & 10

Stages 7 & 8 25 Metres

25 Metres
Orange Hat

Stage 6

25 Metres Yellow Hat

Stage 5
20 Metres
Yellow Hat

Stage 4
10 Metres
Green Hat

Stage 3
15 Metres
Purple Hat

Stage 2 5 Metres Blue Hat

Stage 1 4 Years+ Non Swimmers Red Hat

Developing basic safety awareness in a 'class' scenario, including movement and water confidence skills. Swimmers may use aids, e.g. floats etc.



We also do additional sessions in the following:

Teen Swim, Rookie Lifeguard/NPLQ, Snorkelling, Crash Courses, Disability Sessions, 1-2-1's, Swim Clinics, Taster Sessions, Ratio Sessions and GP Referrals.

