

**Go! Swim**



**Go! Active**  
@The Arc

High Street, Clowne S43 4JY  
[www.goactive.org.uk](http://www.goactive.org.uk)



**Bolsover**  
District Council

## Discovery Ducklings

**0-24 months**

An introduction to water movement, providing a social experience for both adult and child.

**Awards: Discovery  
Ducklings 1/2/3/4**

## Ducklings

**24 months to infant  
school age**

Encourages water movement with an adult and teacher, building on water confidence and preparing for independent swimming lessons prior to moving into a stage 1 class.

**Awards:  
Ducklings 1/2/3/4**



## Stage 1

Suitable for customers who have completed Duckling 4 or children with no previous experience in full time education.

**Awards: NPTS Stage 1, Puffin**

## Stage 2

For children who have completed their puffin badge and stage 1. Suitable for children who are in full time education.

**Awards: NPTS Stage 2, 5 metres**

## Stage 3

For children who can swim 5m on front and back and have completed stage 2. Suitable for children who are in full time education.

**Awards: NPTS Stage 3, 10 metres**

## Stage 4

For children who can swim 10 metres on front and back and have completed Stage 3. Children will learn to tread water and swim underwater.

**Awards: NPTS Stage 4, 25 metres**

## Stage 5

For children who can swim 25 metres on front and back and completed Stage 4. Children will develop strokes and skills to a good standard.

**Awards: NPTS Stage 5, 50 metres**

## Stage 6

For children who can swim 50 metres to a good standard on their front and back. Children will gain the ability to swim 100/ 200 metres and completed Stage 5.

**Awards: NPTS Stage 6, 100-200 metres**

## Stage 7

For children who can swim 400 metres demonstrating 3 different strokes and completed Stage 6. Children will gain the ability to swim butterfly and be introduced to turns.

**Awards: NPTS Stage 7,  
400-600 metres**

## Comp Stage 8

For children wishing to develop stamina and stroke technique. Children must have completed Stage 7.

**Awards:  
NPTS Stage 8,  
Bronze Challenge,  
Speed Swim**

## Comp Stage 9

For children who wish to gain the ability to swim all the 4 strokes and be introduced to touch turns. Children must have completed Stage 8.

**Awards: NPTS Stage 9,  
Silver Challenge  
Speed Swim**

## Comp Stage 10

For children who are at the early stages of competitive swimming. Children will further develop endurance swimming and have the ability to demonstrate correct starts and turns.

**Awards:  
NPTS Stage 8,  
Bronze Challenge,  
Speed Swim**

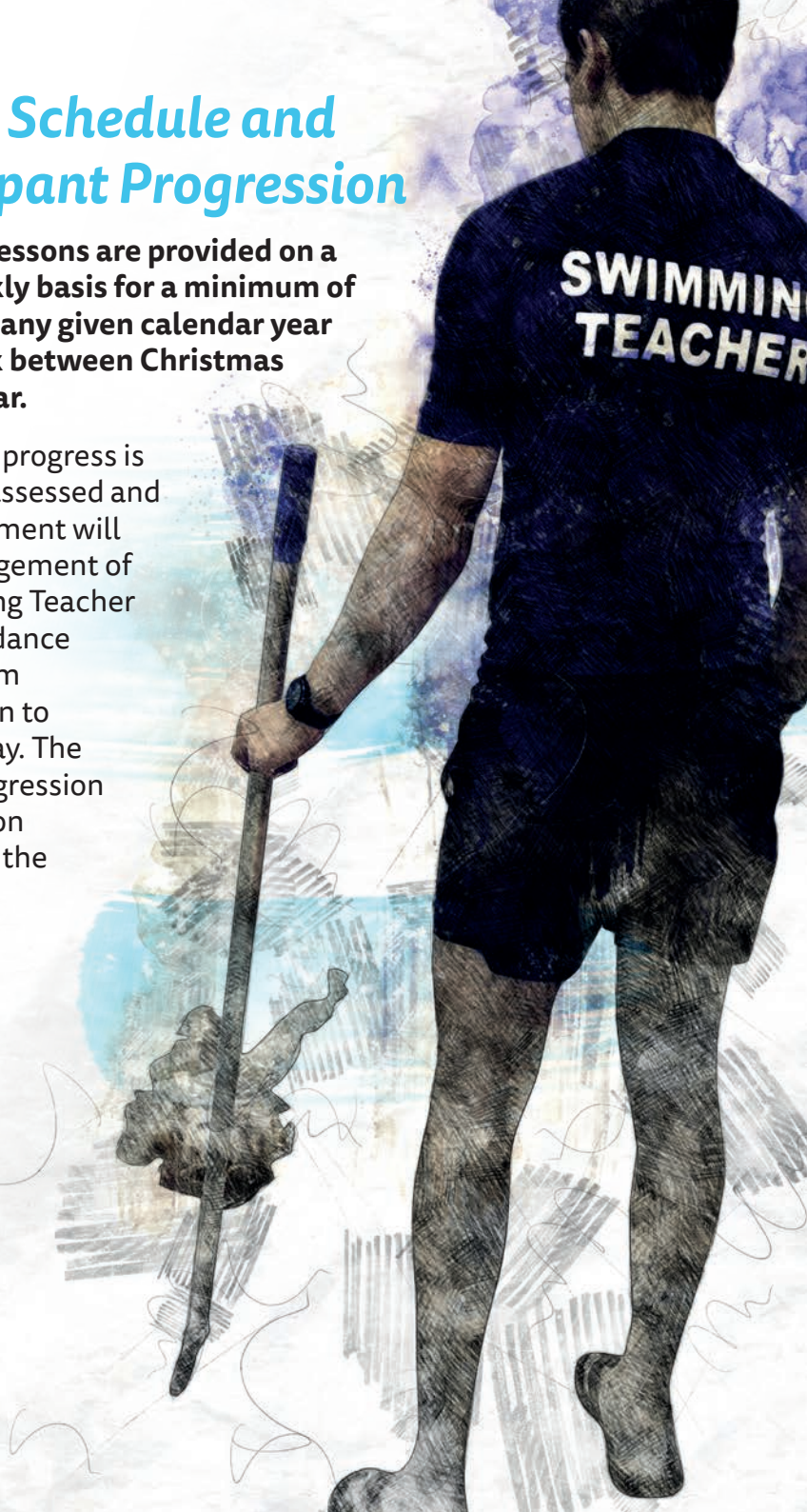
**Stage 7-10 participants** are eligible to join our competitive swimming partner **Chesterfield Swimming Club**. Ask at reception for more details.



## Lesson Schedule and Participant Progression

Swimming lessons are provided on a rolling weekly basis for a minimum of 50 weeks in any given calendar year with a break between Christmas and New Year.

Participant's progress is continually assessed and any advancement will be at the judgement of the Swimming Teacher and in accordance with the Swim England learn to swim pathway. The speed of progression will depend on the ability of the participant.



# Swim Portal

Keep up to date with yours or your child's progress via our Swimming Lessons Portal!

This FREE online digital communication available to everyone who attends our swimming lessons and provides:

- Progress updates (if applicable)
- Progression movements
- Course history

Find the portal at [bolsover.courseprogress.co.uk](https://bolsover.courseprogress.co.uk). You will receive a sign up link via email or ask at reception for your login details.





## Chesterfield Swim Squad

If you are currently on stage 7, 8, 9 or 10 you will be eligible to join the Chesterfield Swim Squad Academy to help improve your stroke technique, stamina and speed.

This is a separate course and any course fees are to be paid directly to Chesterfield Swimming Club.

- 1 hour per week = **£26 per month**
- 2 hours per week = **£30 per month**
- 3 hours per week = **£34 per month**



[www.chesterfieldsc.co.uk/swim-chesterfield-academy](http://www.chesterfieldsc.co.uk/swim-chesterfield-academy)



t: **01246 242 365**  
w: **goactive.org.uk**

e: **enquiries@goactive.org.uk**  
**memberships@goactive.org.uk**

All lessons are subject to availability. Due to the continuous progressive nature of our programme, we cannot guarantee a specific day or time slot on progression.

In unforeseen circumstances Go! Active reserve the right to cancel lesson(s) at short notice. While every effort will be made to rearrange cancelled lessons, this may not always be possible. Go! Active reserve the right to amend the swimming lesson schedule at any time.