Prior Park Lessons Course Definitions		
Name of Course	**Stages**	**Description**
Beginner	1-3	No, or few swim lessons, unable to swim independently
Improvers	2-4	Starting to swim independently, no stroke technique
Intermediate	4-5	Starting to learn stroke technique
Advanced	5-7	Able to swim all 4 *strokes, stroke technique improvement
Half-hour lengths	6-8	Swimming lengths of the pool, start of Aquatic Skills
Hour Lengths 1	6-8	Hour lengths refining technique and Aquatic Skills
Hour Lengths 2	8-9	Hour lengths, turns, dives & IM* technique
Hour Lengths 3	9-10	Hour lengths, distance, IM* and relay technique
Post Stage 10	None	Competitive training, sets, skills & drills
Competitive Training	None	Technique and stamina training for club swimmers

Saltford School Lessons Course Definitions		
Name of Course	**Stages**	**Description**
Beginner	1-3	No, or few swim lessons, unable to swim independently
Improvers	2-4	Starting to swim independently, no stroke technique
Advanced	4-6	Can swim independently, stroke technique improvement

Stages are based on the Swim England Learn to Swim programme

https://www.swimming.org/learntoswim/

	Stages
Learn to Swim:	1-7
Aquatic Skills:	8-10

***strokes:** Front crawl, Backstroke, Breaststroke, Butterfly

***IM:** Individual Medley (1. Butterfly 2. Backstroke 3. Breaststroke 4. Freestyle with turns)