



## **Learn To Swim with our Houses Edmonton Phoenix SC and Griffins SC**

**Criteria For Moving Swimmers To The Next Class**  
(NB moving between classes is at the discretion of the Head Teacher and the following is a guide only)

### **GRIFFINS SC's 'HOUSE' (Arnos Pool)**

#### **Beginner 1**

Can progress to **Beginner 1a** When they have passed **Puffin (5m using any float or floats) and NPTS Stage 1 and have achieved the following:-**

1. Can move safely across the pool unaided on foot forwards, backwards and sideways
2. Can swim 5m unaided with 1 float on front and 2 floats on back
3. Can put face in the water with confidence and blow bubbles
4. Can roll over 360 degrees using woggle
5. Can jump in unaided

#### **Beginner 1a**

Can progress to **Beginner 2** when they have passed: - **NPTS Stage 2 and 5m and have achieved the following:-**

1. Swim 5m unaided without the use of floats on front
2. Swim on back unaided without the use of floats
3. Perform a star float without floats on front and back
4. Perform a mushroom float for 3 seconds
5. Can pick up object from the pool floor

## **Beginner 2**

Can progress to **Improver 1** when they have passed **NPTS Stage 3 and 10m** (can also get 15m) **and have achieved the following:-**

1. Can swim 10m on front and back with arm recovery over the water and face in the water for frontcrawl
2. Push and glide on front and back
3. Can perform dolphin action on front or back
4. Can jump in big pool unaided
5. Can tread water in deep end of big pool

## **Improver 1**

Can progress to **Improver 2** when they have passed **NPTS Stage 4, Introduction to Competitive Starts and Turns Stage 1 and 25m** and have **achieved the following:-**

1. 25m frontcrawl with arm recovery over the water and face in the water
2. 25m backcrawl with arm recovery over the water
3. Symmetrical breaststroke kick
4. Correct dolphin leg action on front and back
5. Sitting dive head 1st entry

## **Improver 2**

Can progress to **Advance Improver 1** when they have passed **NPTS Stage 5 and 50m, Introduction to Competitive Starts and Turns Stage 2** and have **achieved the following:-**

1. 50m frontcrawl, backcrawl and breaststroke with correct leg action
2. 10m butterfly
3. Forward roll
4. Sculling on back
5. Attempting standing dive`

## **Advance Improver 1**

Can progress to **Advance Improver 2** when they have passed **NPTS Stage 6, Introduction to Competitive Starts and Turns Stage 3 and 100m** and have achieved the following:-

1. 100m frontcrawl and backstroke,
2. 50m breaststroke with correct leg action
3. 25m butterfly
4. Pick up object from pool bottom deep end
5. Head 1st entry dive

## **Advance Improver 2**

Can progress to Early Competitive Squad if they are between the ages of 8 and 11years and have passed **NPTS Stage 7, Introduction to Competitive Starts and Turns Stage 3 and 200m (can also achieve 400m)** and can perform the following:-

1. Correct frontcrawl breathing
2. Correct leg action for breaststroke and breathing every stroke
3. Basic dolphin kick with body undulation
4. Head first entry dive
5. Sink push and glide
6. Forward roll

At this stage for swimmers who are older than 11 years or if they do not wish to become competitive swimmers we offer our non-competitive Active Squad. Swimmers younger than 11 with an interest in progressing further in the sport will be offered the opportunity to progress to the competitive **Enfield Swim Squad**.