



CASC SWIM SCHOOL 2025

LESSON OVERVIEW

To organise a free trial to join our Swim School please contact
Mrs. Lucy Ashdown-Parkes: admin@cascswimschool.org
Or to register your interest, [click here](#).



Ducklings

Swim England Duckling Awards 1-4



Focus:

- ✓ Build water confidence through play
- ✓ Safe entry and exit from the water
- ✓ Blowing bubbles and submerging face
- ✓ Floating and kicking with support
- ✓ Moving through water using aids and toys

Goal:

🏆 Develop early water confidence and enjoyment, laying the foundation for future swimming skills

Foundation Class (30mins)

Swim England Stage 1



Focus:

- ✓ Safe entry and exit from the pool
- ✓ Blowing bubbles and submerging mouth/nose
- ✓ Basic floating and gliding skills
- ✓ Moving forwards, backwards, and sideways
- ✓ Using floats and equipment confidently

Goal:

- 🏆 Build confidence and basic water movement, preparing for Stage 2

Beginners Class (30mins)

Swim England Stage 2

Focus:

- ✓ Travel 5 metres independently
- ✓ Push and glide on front and back
- ✓ Use arms and legs for basic movement
- ✓ Introduce floating and rotation skills
- ✓ Increased independence and confidence

Goal:

 Develop basic swimming independence and control, preparing for Stage 3

Improvers Class (30mins)

Swim England Stage 3

Focus:

- ✓ Swim 10 metres with basic technique
- ✓ Push and glide into strokes
- ✓ Begin breathing techniques
- ✓ Develop front crawl and backstroke
- ✓ Rotation, submersion, and treading water

Goal:

 Build confidence and consistency in strokes, preparing for Stage 4

Development Class (30mins)

Swim England Stages 4 & 5



Focus:

- ✓ Improve front crawl, backstroke, and breaststroke technique (10–25m)
- ✓ Develop arm action for butterfly, with earlier leg action reinforced
- ✓ Enhance stroke coordination and breathing control
- ✓ Practice sculling, floating, and treading water
- ✓ Introduction to aquatic skills: jumps, somersaults, and getting help

Goal: 🏆 Build stamina, coordination, and confidence across all core strokes and water skills — preparing for Stage 6

Pre-Academy Class (30mins)

Swim England Stage 6

Focus:

- ✓ Improve efficiency across all four strokes, with continued development of butterfly timing and technique
- ✓ Perform skills like sculling, floating, and turning
- ✓ Stronger technique, timing, and breathing
- ✓ Build stamina and preparation for higher-level work

Goal:

-  Achieve proficient technique and endurance, ready for Stage 7

Academy Class (1hr)

Swim England Stage 7



Focus:

- ✓ Swim 25m using all four strokes to S E expected standards
- ✓ Develop controlled starts, turns, and transitions
- ✓ Swim with rhythm, efficiency, and stamina
- ✓ Introduction to training sets and club-level expectations
- ✓ Perform individual and group skills including **sculling, floating, eggbeater, and somersaults**
- ✓ Build confidence for squad or competitive swimming environments
- ✓ **Goal:** 🏆 Swim confidently and efficiently, prepared for competitive or squad swimming

Otters Class (1hr)

Swim England Stage 8

Distance:

Swim 50 metres+ continuously for all strokes

Introduction to pace and endurance swimming

Focus:

- ✓ Refine technique and stroke efficiency
- ✓ Improve turns and breathing rhythm
- ✓ Develop stamina and confidence in longer swims
- ✓ Introduce basic training sets and timed swims

Goal:



Swim confidently over longer distances with good technique.

Dolphins Class (1hr)

Swim England Stage 9

Distance:

Swim 100 metres+ continuously for all strokes

Perform multiple strokes in sequence with efficiency

Focus:

- ✓ Perfect stroke technique and breathing coordination
- ✓ Develop speed, endurance, and stroke transitions
- ✓ Improve starts, turns, and underwater skills

Goal:



Achieve consistent, efficient swimming over longer distances

Sharks Class (1hr)

Swim England Stage 10

Distance:

Swim 200 metres+ continuously for all strokes; butterfly distance may be shorter

Able to maintain technique and pace over extended distances

Focus:

Advanced stroke mechanics and efficiency

Refine all starts, turns, and underwater phases

Develop endurance, speed, and race skills

Practice full training sets, pacing, and race strategies

Goal: 🏆 Swim with high-level technique and endurance swimming

