











## **20. How early should my child learn to swim?**

You can take your baby swimming at any age, both before and after they have been vaccinated. It doesn't matter if they haven't completed their course of vaccinations yet.

The earlier that a child experiences being in and around water the easier they will find it to develop their aquatic skills. The great thing about swimming is that you can introduce a baby to the water and once they have developed their skills they can continue to access swimming for the rest of their life.

## **21. Why does my child need to learn all four strokes?**

There are four recognised strokes used to move through the water. Different people naturally find different strokes easier to learn than others. It is necessary to teach and learn all four strokes to demonstrate competency and confidence in the water.

## **22. What are the sections of the Learn to Swim Wales Framework?**

There are 4 main sections of the Learn to Swim Wales Framework:

- Bubbles – Bubbles provides a fully supported introduction to the aquatic environment for babies and young children with an accompanying adult, specifically aimed at children aged 0-3 years.
- Splash – Splash encourages a young child's increasingly independent and guided discovery of the aquatic environment to develop water confidence, specifically aimed at children aged 3+.
- Wave – the main 'Learn to Swim' area. Children typically aged from 4/5 years are taught the necessary swimming and aquatic skills to teach them to swim, skills to take part in other aquatic activities such as water polo and also are taught vital water safety skills so that they learn how to be safe in and around water.
- Skills – This section of the pathway breaks into the various aquatic disciplines of swimming, water polo, diving, synchronised swimming and lifesaving. Skills taught in the Waves are progressed and developed with specific emphasis on being discipline specific. These classes can either be delivered in a Learn to Swim programme or at the introductory section of clubs.

## **23. How will consistency be guaranteed when teachers are assessing?**

Teacher resources detail the expected standards for passing an award. Videos are available for teachers to view to help with interpretation of the assessment criteria. All teachers who deliver the Learn to Swim Wales Framework will have undertaken a CPD seminar to ensure that all providers are aware of the delivery requirements and assessment standards. The provider has a part to play in supporting consistency between sites and teachers for example by holding teacher meetings, delivering in house training and supporting teachers to access CPD training relevant to their needs.

## **24. Why choose the Learn to Swim Wales Framework?**

By choosing the Learn to Swim Wales Framework providers and parents can expect a varied programme and therefore enhanced sessions keeping children engaged in the learn to swim process. Learn to Swim Wales is a nationally recognised programme designed by industry experts covering all ages and abilities. The pathway incorporates all the aquatic disciplines and widens opportunities available for children.

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