**UNIVERSITY OF BRISTOL SWIM SCHOOL**

**CHILDREN'S LESSONS**

<table>
<thead>
<tr>
<th>STAGE 2</th>
<th>Combined Stage 1&amp;2 due to water depth) (Ratio 1:5) To develop further water confidence to travel 5 metres on the front or back with or without aids, equipment or support.</th>
<th>Mon, Tues, Weds, Thurs</th>
<th>4-4:25pm</th>
<th>Teaching pool</th>
<th>Saturday</th>
<th>9-9:25am</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>STAGE 3</th>
<th>(Ratio 1:6) To develop confidence in travelling through the water without support for 10 metres on the front and back.</th>
<th>Mon, Tues, Weds, Thurs</th>
<th>4:30-4:55pm</th>
<th>Teaching pool</th>
<th>Saturday</th>
<th>9:30-9:55am</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>STAGE 4</th>
<th>(Ratio 1:6) To develop stroke technique on the front and back working towards swimming 10 metres to the Swim England Expected Standards on one stroke.</th>
<th>Mon, Tues, Weds, Thurs</th>
<th>5-5:25pm</th>
<th>Teaching pool</th>
<th>Saturday</th>
<th>10-10:25am</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>STAGE 5</th>
<th>(Ratio 1:6) To develop technique of Front crawl, Backstroke, Breaststroke and Butterfly, working towards swimming 10-15 metres to Swim England Expected Standards on all four strokes.</th>
<th>Mon, Tues, Weds, Thurs</th>
<th>5:30-5:55pm</th>
<th>Teaching pool</th>
<th>Saturday</th>
<th>9-9:25am</th>
<th>Main pool lanes</th>
<th>10:30-10:55am</th>
<th>Teaching pool</th>
</tr>
</thead>
</table>

Book via reception or call 0117 331 8577
Any questions? seh-swimschool@bristol.ac.uk or visit our website

bristol.ac.uk/sport   @bristolunisport
# UNIVERSITY OF BRISTOL SWIM SCHOOL

## CHILDREN'S LESSONS

### STAGE 6

(Ratio 1:6) To develop technique of Front crawl, Backstroke, Breaststroke & Butterfly working towards swimming 25 m. to Swim England Expected Standards on all four strokes.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Tues, Weds, Thurs</td>
<td>6-6:25pm</td>
<td>Teaching pool</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:30-10am</td>
<td>Main pool lanes</td>
</tr>
<tr>
<td></td>
<td>11-11:25am</td>
<td>Teaching pool</td>
</tr>
</tbody>
</table>

### STAGE 7

(Ratio 1:8) To develop stroke technique on Front crawl, Backstroke, Breaststroke & Butterfly, working towards swimming 25 metres to Swim England Expected Standards on all four strokes

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Weds</td>
<td>6:30-6:55pm</td>
<td>Teaching pool</td>
</tr>
<tr>
<td>Mon</td>
<td>7-7:25pm</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td>10-10:30am</td>
<td>Main pool lanes</td>
</tr>
<tr>
<td></td>
<td>10:30-11am</td>
<td></td>
</tr>
</tbody>
</table>

### WATER POLO

(Ratio 1:8) We offer as part of the Swim England Aquatic Skills Framework Water polo, Rookie Lifesaving and Snorkelling. We are also planning to offer Swim Fit (lane session) and Synchronised Swimming later on this year.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>7-7:30pm</td>
<td>Teaching pool</td>
</tr>
</tbody>
</table>

### SWIM FIT

Aimed at Stages 8-10 who are looking at developing stamina. Learn lane etiquette, how to use the clock and work on dive starts and turns.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>11:30-12pm</td>
<td>Main pool lanes</td>
</tr>
</tbody>
</table>

£70 for a block of 10 weeks
Payment must be made at time of booking to confirm your child’s place

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