**ODIHAM SWIM CLUB**

**AIMS SHEET**

**STAGE 1 B**adges to achieve - Puffin, Stage 1 and possibly 5m

Can enter water safely, confidently, mobile on own with correct legs with/or without aids, face in the water to breath out.

**STAGE 2 B**adges to achieve - Stage 2, 5m-10m (on both back and front no aids)

Jump in, 5m-10m back and front. Floating. Improved body position and legs. Working on achieving 10m front crawl (over arm) and 10m back crawl (windmill arms).Intro breast stroke legs. Push and glides, picking up sinkers from underwater.

**STAGE 3 B**adges to achieve – Stage 3, 10m (back and front)

Introduction to deeper water and treading water, correct breaststroke and butterfly legs, (especially feet) Front crawl sideways breathing, emphasis on good body position, hand entry and head position.

**STAGE 4 B**adges to achieve – Stage 4, 20m.

Continuing improvement in all 4 strokes, treading water and introduction to diving. Breast stroke & Butterfly arms, increase stamina to swimming four widths of the pool with good push and glide turns, rotations from front to back with good body position.

**STAGE 5 B**adges to achieve – Stage 5,25m & 50m.

Continuing development of the 4 strokes, bent arm pull in backstroke and diving over increased distances.

**STAGE 6 B**adges to achieve - Stage 6, 100m, 200m, Personal Survival 1 & Bronze challenge.

Correct strokes at this level. Use of fins and pull buoys. More practices for diving. Increase stamina to swim up to 400metres. (16 lengths).

**STAGE 7/8 B**adges to achieve - Stage 7 and 8 Competitive Swimming, Diving Stage 8 & 9, Water Polo Stage 8, Personal Survival 2, Silver Challenge and 800m

Good strokes according to ASA Laws, speed swims and drill techniques.

**STAGE 9 B**adges to achieve - Stage 9 Competitive Swimming, Gold Challenge, Diving Stage 9, Water Polo Stage 9

Distance swims with and without fins, using pace clock and drills. Good strokes, starts and turns to ASA Laws. Speed swims.

**STAGE 10 B**adges to achieve - Stage 10 Competitive Swimming, 1000m, 1500m and 1 mile, Diving 10 and Water Polo Stage 10

Distance swims with and without fins, using pace clock and drills. Good strokes, starts and turns to ASA Laws. Speed swims.

**HONOURS B**adges to achieve - Distances up to 5000m, and any badges not achieved before

Distance swims with and without fins, using pace clocks and drills. Good strokes, starts and turns to ASA Laws. More advanced diving and introduction to schedule swims for stamina.

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