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**aquonauts**  
Discovering the swimming adventure...



## The Complete Swimming Journey...

%%todaysdate%%

Once your little one is enrolled with us, they can continue attending until they are confident, independent swimmers (regardless of their age).

All the learning outcomes for each award, need to be achieved on at least 3 separate occasions. Your instructor continually assesses each child against the outcomes, and requests awards based upon progress, usually as the term comes to an end.



The journey begins as a **'Discoverer'** with gentle holds and moves in the water, allowing precious time to be spent with your little one. You will be guided through safe entries into the pool, submersion, holding on at the side, assisted rotation, floating and movement in the water with your little ones (and a good bit of singing along the way). After completion of 2 full terms (usually 20 weeks in total), your little one will be awarded a badge and certificate in recognition of their attendance and achievement.

If you choose to continue to attend, the next stage of the journey is what we term as **'Explorers'**. Little ones are now being encouraged to hold on independently of their parent / carer at the side of the pool, rotate themselves underwater unassisted, enter the pool from a sitting position, retrieve an object from below the surface of the water, and 'monkey' around the pool edge. It should be remembered at this stage, and all subsequent stages of our programme, that little ones develop at variable rates in the aquatic environment, just like on land. Parental patience, encouragement and empathy will all help your little one achieve the learning outcomes.

By the **'Adventurer'** stage your little one is usually very mobile (although our lessons and learning outcomes are adapted to take into account individual's capabilities, and to ensure that safety is at the top of the agenda!!) and full of fun!!! When your little one becomes an Adventurer they can jump in from standing, when asked! Blow bubbles at the surface of the water, move independently on their front supported by a woggle/tube, use the bottom of the pool to 'push up' to the surface, and move at least 5m across the pool (recovery to breathe at this stage is often assisted).

The **'Voyager'** stage is one where little ones like to show off, and make endless requests for their favourite splashy songs, or favourite exercise....**'Voyagers'** are water confident, and often spend time moving away from their parents/ carers. At this stage it is of utmost importance that little ones understand the dangers of the water environment, and parents should not encourage deviation from the lesson, but assist little ones to listen and take on board instructions for the safety of all!



Our '**Voyagers**' can retrieve an object (treasure!!!) from the bottom of a 1.2meter pool. Safely climb out of the pool, and enter without submerging - independently. Jump in (on instruction), rotate under the water and swim back to the side to hold on. Blow bubbles under the water, and move in the water on their backs supported by a woggle/tube. Many of our Voyagers can swim independently for up to 7m (sometimes more) either lifting their heads to breathe, or with their chins on the water!

The journey can continue until the point where your little one becomes a fully fledged Aquanaut (with the badge to show!!) - please note that your little one does need to be enrolled and regularly attending our classes to gain this award, and when awarded it truly is deserved. Once your little one can confidently swim at least 5M on their front, and ideally their back too, they have achieved the learning outcomes of the Voyagers award, and, most importantly if their instructor feels they would be able to take on board instructions, and be safe, they would move onto our 'without' parent classes in our swim academy.



These classes are taught in the water with usually 2 instructors. Little ones in these classes build on their stamina, and stroke technique, working towards recognised Swimming Teacher Association Awards (STANley series), and a 10M award, and of course our sought after gold 'Aquanauts' Award!!

An **Aquanaut** can, swim at least 5m on their front and back (often more), perform a push and glide on their back, and front with their face in the water. Assume a floating position, and hold for a minimum of 3 seconds. Has an understanding and awareness of pool safety. They can swim from their front to their backs with a smooth rotation. Retrieve an object from the bottom of the pool, and take it back to the side, and can enter the pool by a ladder and graduated step entry - all independently!!

You can of course end the journey whenever you choose, but, please be aware unless your child can swim confidently, with a good body alignment in the water, they would automatically be put into armbands (or similar) at a mainstream swim school. We aim to by-pass that stage, so your little one would enter mainstream classes as an improver and not a beginner. And finally, when it's time to move on, we will let you know. Please don't be offended, it's just best for your little ones future swimming development.

Happy swimming...we are all looking forward to sharing the journey with you and your little one.

The Aquanauts Team



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