

## ***Staines Swimming Club - Cygnet Pool Groups - Standards Guidance***

The Cygnet Pool at Matthew Arnold is exclusively owned by Staines Swimming Club, this makes us unique amongst other swimming clubs within the area. Also whilst we aim to teach swimming to a high level of competence, we focus on the competitive elements of swimming, making us unique amongst the other teaching schemes within the area. All this will give the child a considerable advantage should they wish to progress to Main Pool swimming.

The standards below are for guidance only. In reality there are many factors that govern the placing of swimmers into the different groups, for example age, size and ambitions will also be considered.

Groups shown in progression order.

<b>Colour Hat</b>	<b>Standard</b>
<b>White</b>	Non swimmers. The main tasks carried out will be to gain confidence in the water and to kick with the help of an aid. Teaching sessions are at the Matthew Arnold pool once or twice a week.
<b>Yellow</b>	To be a Yellow Hat pupils must confidently be able to kick with the help of a float on their front and back, push and glide from a standing position to a laying position and vice versa, to remove legs from the pool floor and attempt to swim, and to jump feet first into the water from the side of the pool. Teaching sessions are at the Matthew Arnold pool once or twice a week. In this class pupils will start to learn breathing patterns and improve their leg kick.
<b>Orange</b>	To be a Orange Hat pupils must be able to confidently swim unaided on their front and back in a certain fashion, pupils will also be able to perform a push a glide on their front with their face down in the water and back with face up. Teaching sessions are at the Matthew Arnold pool once or twice a week. In this class pupils will be introduced to Breaststroke and performing front and back glides before breaking into a swim.
<b>Blue</b>	To be a Blue Hat pupils must be able to perform Front Crawl and Backstroke with the arm recovery over the water, they must also demonstrate a good knowledge of the Breaststroke leg kick for 8 meters (one length of Matthew Arnold Pool). Teaching sessions are at the Matthew Arnold pool once or twice a week. In this class they will be introduced to Butterfly (dolphin) leg kick.
<b>Green</b>	In Green Hats pupils will be able to perform appropriate breathing patterns on Front Crawl for a distance of 20 meters without stopping, they must also be able to swim backstroke for 20 meters and be able to do legal Breaststroke leg kick for 8 meters. Teaching sessions are at the Matthew Arnold pool once or twice a week. In this class they will further develop Front Crawl, Backstroke and Breaststroke, and practice Butterfly in full. They will also be introduced to diving..
<b>Red</b>	In Red Hats stroke work will be reinforced and Pupils will prepared for longer distance swims and will be introduced to tumble turns. To progress to the first Main Pool group, pupils must be able to perform 3 legal strokes over a distance of 20 metres as well as having an understanding of Butterfly. They should also be able to perform sitting dives and tumble turns in a recognised manner.