

NINJA-SWIM ABILITY GROUPS EXPLAINED

Ninja-Swim's ability groups enable children to receive tuition that is relevant to their capabilities. Children progress quicker if they are in the class that suits their age and ability.

WHAT ABILITY IS MY CHILD?

To enable us to assess and place your children in the correct class for their ability we use the following guide;

NNS - (Nervous non-swimmer)

Children who require manual support to move using two woggles on the front and back.

NS - (Non-swimmer)

Children who can move freely in the pool with one woggle on the front and back.

Level 1 - Children who can swim 3m Back paddle and Front paddle

Level 2 - Children who can swim 6m Back paddle and 3m Front crawl

Level 3 - Children who can swim 6m of Back crawl and Front crawl

Level 4 - Children who can swim 15m Back crawl with good technique, 10m Front crawl using a float with basic breathing technique and 10m Front Crawl/Back Crawl rotating every 3 strokes

Level 5 - Children who can swim using 15m Back crawl, 10m Front crawl breathing and 10m Breaststroke legs on their back with their feet turned out

(Ninja-Swim is unable to go beyond level 5 at Queens Park Pool, Lincoln.)

Level 6 - Children who can swim 15m of efficient Front crawl breathing, 25m Back crawl and 15m Breaststroke legs with good technique

Level 7 - Children who swim 25m+ of Front crawl, Back crawl and Breaststroke with a short pause between each stroke.

If a child has a mixed ability, for example, can swim 6m front crawl and 6m back paddle we would assess the pupil as L2/3 (between the two class levels)

PUPS AND SHARKS

We group our children in two groups, when your child is a non-swimmer it is a Pup. Within Pups there are 5 ability levels, Pup 1- Pup 5.

When your child can 'swim' unaided it is then called a Shark. (Sharks 1 - 7)

We expect a pupil to move up one class level every two terms.

We are proud of our **certificate book system** which enables you to see your child's progress in one handy system. This serves as a tool to show your child what they have achieved and also to see what they need to do to progress.

It is supplied in a waterproof wallet to keep it safe and dry.

We update your book at the end of every term.