



*** Free Swim Sessions for Siblings ***
Non-swimmers required for
ASA Level 1 Swimming Assistant (Teaching) Course

Mid Sussex Marlins are running an in-house swim teacher training course through June which will support our continued need for swim teachers in the Club. We have 7 trainee teachers enrolled on the course; most of who are already acting as poolside helpers with your children in our existing sessions.

The course will be run by Sarah Davison (details below) who is a qualified ASA tutor and also a Mid Sussex Marlins competitive masters swimmer.

Sarah Davison
ASA Tutor (Swimming Teaching & Coaching)
BSc (hons) & PGCE

Do you have a younger child that would like a free swim session?

Whilst most of the teaching will be carried out within our current teaching group swim sessions, following the existing lesson plans as set out by our Head Teacher, it is a requirement of the course that the trainees spend some time with swimmers in ASA categories 1-3. These categories are not the same as MSM grades – a description of the swimmers that fall into each level is shown below:

Stage 1

In Stage 1 of the ASA Learn to Swim Framework your pupil will develop basic movement skills, water confidence and safety awareness. Don't forget the swimmers will be able to use aids e.g. arm bands and floats to help complete this stage.

Stage 2

During Stage 2 swimmers will develop safe entries to the water and will continue to practice floating, travel and rotation in the water. Remember swimmers can still use aids e.g. arm bands and floats to help complete this stage.

Stage 3

During Stage 3, your pupils work towards being able to swim 10m on their front and back and will be able to swim underwater to collect objects from the bottom of the pool. Rotation skills and water safety knowledge will also be developed.

We are looking for non-swimmers (fitting within the above stage descriptions) age four to six (approx) to take part in a **free** swim session(s) offered by the Club.



Sessions Available

We have two dates available and three sessions on each date:

Saturday 3rd June

- Session 1: 0900-0930 ASA Learn to Swim Framework stage 1, 2 & 3
- Session 2: 0930-1000 ASA Learn to Swim Framework stage 1, 2 & 3
- Session 3: 1000-1030 ASA Learn to Swim Framework stage 1, 2 & 3

Saturday 10th June

- Session 4: 0900-0930 ASA Learn to Swim Framework stage 1, 2 & 3
- Session 5: 0930-1000 ASA Learn to Swim Framework stage 1, 2 & 3
- Session 6: 1000-1030 ASA Learn to Swim Framework stage 1, 2 & 3

We can accept up to four swimmers of each grade for each session and you may apply for both dates if you wish. Please note that swim aids (armbands and floats) can be used. Parents must remain in the centre for the duration of the lesson.

If you would like to apply for a free 'learn to swim' session please contact Kerry Escott on info@midsussexmarlins.org as soon as possible to reserve a space.

Please advise the name of child, age and current swim ability (against the ASA stage criteria shown) and which session(s) you would like. This offer is for family of existing MSM swimmers only.

Places will be offered on a 'first come / first served basis' and confirmed to you by email after application.

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There is no charge for these sessions.

Happy swimming.

Mid Sussex Marlins