ASA Learn to Swim Pathway
Who are the ASA?

The home of aquatic sports in England and the governing body for swimming, diving, synchronised swimming and water polo. We want to get:

1. More people learning to swim
2. More people swimming regularly
3. More medals on the world stage across aquatics
“All-inclusive programme which takes the non-swimmer from his or her first splash to developing confidence and competence in the water.”
About the Learn to Swim Pathway

The national syllabus used to help teachers deliver swimming lessons.

Ensures swimming lessons for all ages are delivered to a consistently high standard.

Is all-inclusive, taking non-swimmers on a journey through four specialised Frameworks.

Starts with the basics of learning to swim and ends with advanced skills for aquatic sports. There is also a framework for teaching adults to swim.
Four Frameworks

- Adult Swimming Framework
- Foundation Framework (0-5 years)
- Learn to Swim Framework (Stages 1-7)
- Aquatic Skills Framework (Stages 8-10)
ASA Learn to Swim Pathway key messages

**FUN!**

Delivered in a nurturing environment

Three awards per child per year

Retain swimmers until they have completed Stage 7

All sites to deliver all Four Frameworks where possible
These are the skills which underpin all aspects of swimming and are building blocks to more complex skills across all aquatic disciplines.
The Link Between Fundamental Movement Skills and Core Aquatic Skills:

Developing a young person’s FMS will...

...help develop their CAS, which in turn will...

...help them make more rapid progress within the Learn to Swim Framework!
Foundation Framework

“Building the beginnings of a lifelong love of water.”
Discovery Duckling
Supports preparation for first swimming lessons

Informs parents of the Foundation Framework content

Helps answer queries about where to start, what to take and what to do in difficult situations

Aligns to LTS Framework Parent’s Guide
Foundation Framework
Games Pack

Key focus on Core Aquatic Skills

Uses popular nursery rhymes and games to help teachers deliver fun lessons

Has cue cards for both teachers and parents

Includes cue cards for entries, exists and holds

Train Game

How to play
Let’s go for a train ride!
- under a bridge
- through a tunnel
- through a waterfall
- into the station

Encourage your child to...
- copy your actions
- blow bubbles
- put their face in the water
- tickle their toes to remove excess water
- swim independently
Foundation Framework
Games Pack

Clearly show which Core Aquatic Skills are included

Covers equipment needed, teaching tips, holds and progressions

Symbols to link to Discovery Duckling and Duckling Awards
Foundation Framework Swimmer Journey – Story Books

- Introduction to swimming lessons
- Follows Lucy and Sammy on the journey of their first lesson
- Toddler-friendly content encourages trips to the pool, bath time and play
- Features tick box section at the back to record the swimmer’s progress
Foundation Framework Swimmer Journey - Story books

- Introduction to Core Aquatic Skills
- Uses friendly animals to demonstrate each skill
- Encourages parents and children to practice key skills
- Features tick box section at the back to record the swimmer’s journey
- Award for ‘New Swimmer’ bronze medal
Learn to Swim Framework Stages 1-7

“Developing confident and competent swimmers through fun and enjoyment.”

Swimmer Journey cards
Online learning
CPDs available

Stickers
Games Packs

The ASA Learn to Swim Award
This is to certify that

Stage 1

Examiner
Date

www.swimming.org
Swimmer Journey

The Core Journey Progress Chart helps swimmers record their progress through Stages 1-7 of the Learn to Swim Pathway including additional awards to keep children motivated through the programme.
Laminated games cards to help teachers deliver poolside games and themes to make swimming lessons more fun and enjoyable and assist with learning. Over 50 cards perfect for use on poolside with information to help teachers deliver a mixture of well-known games and songs.
Aquatic Skills Framework

“Building sport specific skills to encourage focus in aquatic sports.”

The third Framework in the Learn to Swim Pathway aimed at swimmers who have completed or nearly completed Stage 7 of the Learn to Swim Framework. Includes Stages 8, 9 and 10 covering competitive swimming, synchronised swimming, water polo and diving.
Adult Swimming Framework

“Improving confidence, competence and technique with no age limit.”

The fourth Framework in the Learn to Swim Pathway aimed at adults who are learning to swim or wish to improve their skills. Adult Passport helps swimmers record their progress throughout the Adult Swimming Framework.
Additional Awards
Thank You!

katie.towner@swimming.org