

Primary Pathway



Foundation | Stage 1 - 2 Shallow End | Beginners

For children aged 3+ new to independent lessons.

- Building water confidence
- Safe use of armbands
- Entering and exiting the pool safely
- Jumping in unaided
- Introduction to floating and basic movement

Fundamentals | Stage 2 Shallow End | Beginners/Early Improvers

For swimmers working towards independent movement without aids. Also suitable for older beginners (6+).

- Core aquatic skills
- Water safety
- Travelling across the pool without aids

Improvers | Stage 3 Deep End Introduction

Swimmers are now confident moving into deeper water.

- Deep water confidence
- Water safety skills
- Front crawl and backstroke techniques

Developers | Stage 4

For swimmers building competency across multiple strokes.

- Introduction to breaststroke and butterfly
- Front crawl and backstroke development
- Underwater aquatic skills

Advanced | Stage 5

Swimmers consistently demonstrate strong technique across all four strokes.

- Good technique in front crawl, backstroke, breaststroke and butterfly
- Water safety award completion
- Swimming 25m confidently
- Preparation for Academy level

Private lessons available – please see 'Additional Pathway' for more information

Not sure which level to pick?
Book the one that feels right – we'll assess your child in their first lesson to make sure they're in the perfect group

www.swimwellnow.com
support@swimwellnow.com

Academy Pathway



Our Academy lanes follow recognised Swim England standards and prepare swimmers for potential competitive pathways.

Swimmers now complete 25m lengths in the pool rather than widths, building stamina, endurance and confidence for longer swims.

Academy 1 Technique & Standards

- Stroke analysis and correction
- Introducing correct turns for each stroke
- Consistently swimming all four strokes to Swim England standards

Academy 2 Strength & Endurance

- Stamina building
- Speed development
- Improving core strength
- Increased training intensity

Academy 3 Refinement & Competitive Preparation

- Advanced technique refinement
- Enhanced stamina and pace control
- Race skills
- Preparation for competitive swimming (if desired)

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Additional Pathway



1:1 Private Lessons

Individual lessons with dedicated teacher support.

As these spaces are limited, they will be available to you until the teacher and pool supervisor feel your child is ready to move into group classes. Priority will be given to you joining a group class over new children.

2:1 Private Lessons

Shared private lessons for two children of similar ability (children do not need to know each other beforehand).

As with 1:1 lessons, spaces are limited and designed as a stepping stone into group classes, with priority given when transitioning.

Fitness and Stamina Sessions

For swimmers up to 16 years old who can confidently swim 25m in all 4 strokes but want to focus on fitness rather than progression or awards.

- Build endurance and cardiovascular fitness
- Fun, structured sessions with an emphasis on health and performance
- Ideal for teenagers who take part in other sports and want all-rounded athletic development but do not wish to follow the Academy pathway

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Neurodiverse Pathway



Neurodiverse 1 Sessions Ages 3–5 years | Adult Assisted

Informal, fun sessions introducing neurodiverse learners to the water in a safe and supportive environment.

- Motor development
- Sensory regulation
- Water safety
- Confidence building

Sessions in this pathway focus on confidence, enjoyment and skill development – without the pressure of achieving badges or formal awards

Neurodiverse 2 Sessions Age 6+ years | Adult Assisted

For children who are not yet ready for fully independent lessons, but are beyond the Neurodiverse 1 Sessions.

These sessions focus on building confidence, safety, and basic water skills in a supportive environment.

- Water confidence and comfort in the pool
- Encouraging independence in a gentle, supportive setting
- Fun, games, and social engagement

Adult Support Classes

Supporting your child in the water starts with feeling comfortable yourself. These sessions are for adults who will be supporting their children within our neurodiverse programme who may be returning to swimming after a break, or who can swim but lack confidence.

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Adult Pathway



Aquaphobia Age 16+

If you can't swim or are scared of water in any way – whether it be putting your head underwater, floating or lifting your feet off the pool floor – these sessions are for you.

There is no pressure and no expectations. Everything is done at your pace. When you feel ready, you'll have the option to move into our beginner adult classes.

Be Water Confident

Focuses on building confidence in the water, including safe pool entry and exit, buoyancy, balance, breathing, and basic aquatic movement.

Be a Swimmer

Develop the skills to swim independently over short distances (5–10 metres) without support or flotation aids.

Be a Better Swimmer

Build endurance and technique to swim longer distances (up to 400 metres) confidently, opening the door to lane swimming and other pool activities.

Be a Master Swimmer

Advance your skills to a competitive level, preparing for Masters swimming, endurance events and disciplines such as open water swimming or triathlon.

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