



Affiliated Club

# Brighton Dolphin Swimming Club

Formerly Brighton Ladies Swimming Club Founded 1891.  
Affiliated to South East Region ASA



March 2008

**Dear Parent,**

## **Re National Plan for Teaching of Swimming (NPTS) Awards**

Our swimming lessons are based upon a framework called the National Plan for Teaching Swimming (NPTS) produced by the Amateur Swimming Association (ASA), National Governing Body for Swimming. This is a national syllabus for delivering aquatics and provides stages for your child to progress and become competent, confident and safe in the water. The ASA have recently changed the format of the NPTS scheme and we have been required to review the content of our lessons to ensure that we match the new format and allow swimmers to reach their potential.

The new programme will supersede the existing programme, and therefore you may notice some changes over the coming term to classes and skills being taught. The new NPTS framework continues to include water skills within each level, but has a greater emphasis on each of the four strokes being swum correctly, and to the expected ASA standard. All of our teachers have information regarding the standard to ensure your child meets the criteria set by the ASA.

Due to the changes in both water skills and stroke development your child may be awarded a level they have already received under the previous scheme. Under this scheme swimmers had to achieve 8 out of 10 skills to enable them to receive the award, under the new scheme they are expected to achieve all skills before the award can be given.

There is more information about the ASA National Plan for Teaching Swimming on the ASA website [www.britishswimming.org](http://www.britishswimming.org).

If you have any questions about the above changes please do not hesitate to come and speak to me on a Tuesday evening or Ian Thompson, our Learn to Swim Secretary, on a Sunday morning.

**Many thanks**

Pauline Freestone  
(Director of Swimming)

Ian Thompson  
(Learn to Swim Secretary)