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# School Swimming Lessons ISA swimming Lessons;

What do I need to know?



# Self-reliant Swimmer

## School swimming lessons

Usually, children are taught to rely on a float, an adult's support or the sides/ bottom of the pool. This method encourages them to learn an inefficient up-right position that in most cases, means they don't become an independent and safe swimmer until around the end of primary school.

## ISA swimming lessons

Children are only taught to rely on themselves – children as young as 3 months floating independently, with 2 years old completing the ISA's Key Sequence  
“Kick-Float- Kick” (independent)  
and with 3.5 years old already independently swimming 25 metres using traditional strokes-.

# Safe, Confident and Independent Swimmers

## School swimming lessons

As the children are used to relying on external support (the side, teacher etc.), many can feel unsafe when they are in an unfamiliar pool. Most of the resorts or commercial pools around the world are outdoor, deep and cold, so can often be too much of a change from the “safe” environment to be enjoyed.

## ISA swimming lessons

Children learn to love swimming as they become more independent in the water. They keep moving the whole lesson with no time to get too cold or too tired.

# Number of Swimmers

## School swimming lessons

There is generally 1 Instructor teaching up to 12 beginners or 20 improvers/mixed ability swimmers.

## ISA swimming lessons

Lessons are tailored to the individual. with no more than 2 swimmers in a group, each child is given the attention required to reach their full potential.

# Teacher's Approach

## School swimming lessons

Teaching is generalised to cater for the whole group rather than individuals.

## ISA swimming lessons

Technique can be corrected to the smallest detail. Swimming with bad technique is avoided and the child is a more efficient, safe and faster swimmer.

# Teacher's Teaching Position

## School swimming lessons

The Instructor typically teaches from the side of the pool.

## ISA swimming lessons

The Instructors teach from inside the water. This means they can use a hands-on approach to give meaningful corrections.

# Swimmer's Progress Report

## School swimming lessons

Very few (if any) progress reports.

## ISA swimming lessons

Personalised progress reports are uploaded to the home portal after each lesson for parents to check at any time.

At the end of each term your child will receive an award to praise their achievements!

# Actual Learning Time

## School swimming lessons

Children spend a lot of time on poolside, or at the wall listening to explanations or waiting for their turn.

## ISA swimming lessons

No lesson time wasted standing on poolside waiting for the rest of the group to take their turns, especially with beginner groups.



**It is very common for children taking ISA lessons to be in the top swimming group at school and to achieve top positions in the School Swimming Galas.**