



# GUILDFORD CITY ACADEMY & LEARN TO SWIM

The Guildford City Swimming Academy is aimed at children 3 – 8 years old who want to improve and develop into competitive swimmers. The Academy is considered to be one of the finest swim schools in England with several hundred graduates who have gone on to success at both County and Regional level plus several who have enjoyed National recognition. The main objective of the Academy is to provide youngsters with expert technique work to help them become proficient and legal in all four strokes. Emphasis is placed on coordination, breathing pattern and timing, streamlining and underwater skills. Pupils also learn competitive racing starts and turns on the four strokes. The Academy takes a nurturing approach to an individual's personal development and the acquisition of basic aquatic skills is spread over a suitable period and therefore accomplished with minimized pressure.

## **Pathways**

Advancement through the Academy will be based upon an individuals' progress and the teacher's evaluation of a swimmer's physical and mental ability.

Promotion is made throughout the year within the Academy with movement into High Performance & Junior Development from Tigersharks Gold occurring once a year in September. Occasionally, at coaches discretion, swimmers may move from the Academy at different times of the year as and when a place becomes available.

Our aim is for all pupils to graduate to either the High Performance Squads by meeting the published criteria or to our Junior Development Squad via invitation.

## **Penguins Learn To Swim**

Half an hour learn to swim lessons are available at Guildford High, City of London Freeman's Ashted, St. Catherine's Bramley and Cranmore West Horsley. These lessons are term time only and provide lessons for a much wider ability range than our Tadpole lessons at the Spectrum.

Penguin swimmers once they are ready to progress to one hour a week can either move to the Academy lessons at the Spectrum or transfer to the Junior Development section.

## **Teaching Staff**

The Academy employs carefully selected professionally qualified ASA - CRB checked teachers who are expert in delivering a caring and highly motivated swim teaching programme.

## **Venues**

The Academy enjoys prime time training slots primarily at the Guildford Spectrum. Our Penguin groups swim at Cranmore on a Monday, Guildford High School on Tuesday, CLFS Ashted on Saturday and Sunday as well as St Catherine's School, Bramley on Sunday.

## Training and Squad Structure

There is no entry criteria to the Academy, membership is by invitation and is renewed at the Club's discretion each term. The Academy is made up from a structured squad system where individuals progress at their own pace and according to their own personal physical development. Children are put into small groups, generally with a ratio of one teacher to no more than eight pupils to ensure each swimmer reaches their full potential.

Squad	Ages	Sessions
Penguins	3 to 8	½ hour lesson per week at Guildford High, Cranmore, CLFS or St. Catherine's. Term time only.
Tadpoles	4 to 6	½ hour lesson per week in Guildford Spectrum Teaching Pool
Level 1	5 to 7	Two x ½ hour lessons per week in Guildford Spectrum Teaching Pool
Level 2	6 to 8	Two x 1 hour lessons per week in Guildford Spectrum Competition Pool
Tigersharks Bronze	6 to 8	Choice of up to four hours of training per week
Tigersharks Silver	6 to 8	Choice of up to five hours of training per week
Tigersharks Gold	6 to 8	Choice of up to six hours of training per week

The Tadpoles swim on 4 different evenings and on each evening the teaching pool is divided into sub groups. They commence as Group 1 on a Tuesday, progressing to the highest Tadpole Group 9 on a Thursday, this being the Group from which swimmers progress into Level 1 within the club and swimming for 1 hour per week.

Tuesday - Groups 1,2,3

Friday - Groups 4,5

Wednesday - Groups 6,7

Thursday - Groups 8,9

A swimmer is promoted as soon as we see they are coping easily with a group and they understand the skills that we have been working on. This can happen at any time during the term and we normally do this by email or in person at the end of the lesson.

## Competition

There is an extremely popular Academy gala held twice per annum where all Academy members of level 1 and above are encouraged to participate in 25m events and everyone is awarded with a certificate for participation. Top three places are also awarded with medals.

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