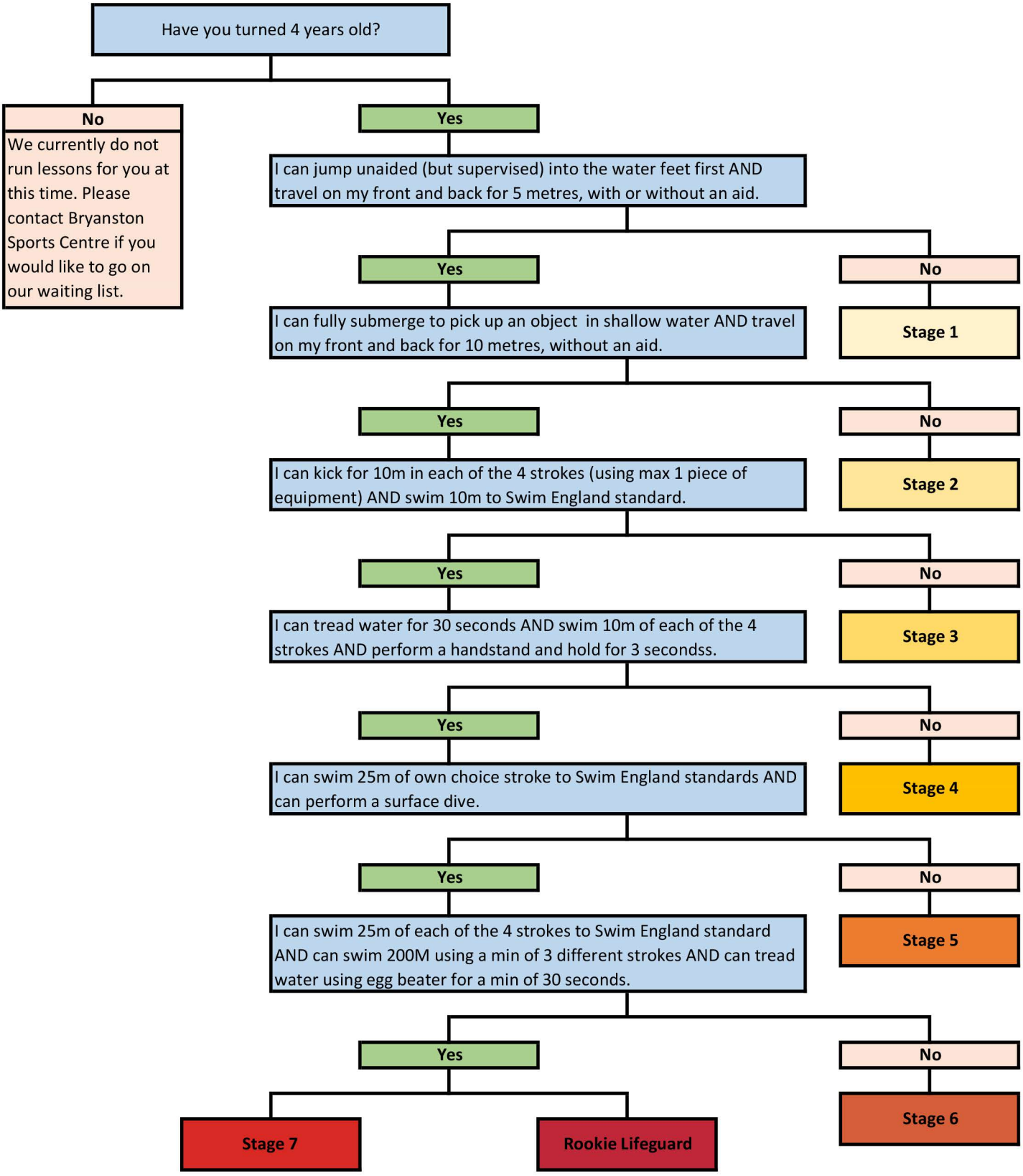
Have you turned 4 years old?
No
We currently do not run lessons for you at this time. Please contact Bryanston Sports Centre if you would like to go on our waiting list.
Yes
I can jump unaided (but supervised) into the water feet first AND travel on my front and back for 5 metres, with or without an aid.
Yes
No
Stage 1
I can fully submerge to pick up an object in shallow water AND travel on my front and back for 10 metres, without an aid.
Yes
No
Stage 2
I can kick for 10m in each of the 4 strokes (using max 1 piece of equipment) AND swim 10m to Swim England standard.
Yes
No
Stage 3
I can tread water for 30 seconds AND swim 10m of each of the 4 strokes AND perform a handstand and hold for 3 secondss.
Yes
No
Stage 4
I can swim 25m of own choice stroke to Swim England standards AND can perform a surface dive.
Yes
No
Stage 5
I can swim 25m of each of the 4 strokes to Swim England standard AND can swim 200M using a min of 3 different strokes AND can tread water using egg beater for a min of 30 seconds.
Yes
No
Stage 6
Stage 7
Rookie Lifeguard