

The Nemo Swimming Journey



nemo
0 - 18 months babies



nemo
18 - 36 months toddlers



nemo
3 - 4 years pre-school



nemo
5 - 12 years+ juniors

**Nemo Babies
(0-6 months)**

**Nemo Babies
(6-18 months)**

**Nemo Toddlers
(18-30 months)**

**Nemo Toddlers
(30-36 months)**

Nemo Pre-school

- Red
- Orange
- Yellow
- Green
- Blue

**Nemo Juniors
- Stages 1-10**

Please note that Nemo Juniors classes in Newcastle & North Tyneside are delivered by SwimNE

Nemo Babies



nemo
0 - 18 months **babies**

Our fun and relaxing baby swimming classes offer a supportive environment for you to take your first paddles together, and to make magical memories that you can cherish forever.

Nemo Babies (0-6 months)

0-6 months

We know how precious those early months with your baby are, which is why this first step on our baby learn to swim programme is all about parent and baby bonding.

We also start to teach you and your little Nemo important water safety skills, and help to develop your baby's motor, balance and social skills. We build further on these skills as your baby moves through the Nemo Swimming Journey.

Nemo Babies (6-18 months)

6-9 months

We introduce different holds to bring your little Nemo into the water and work on 'holding on' skills - an important water safety skill and the first step in learning how to climb out. We also start to introduce underwater swims.

9-12 months

We continue to build on important water safety skills, and introduce more learn to swim equipment - including toys to encourage your child to reach forwards and promote a nice flat body position that they will need later on in their learn to swim journey.

12-15 months

We start using more floatation aids to help children to experience a fuller movement through the water. Swimmers will also learn to control their breathing and will master the skill of climbing out of the pool - really important for water safety.

15-18 months

This is the last step on the Nemo Babies chapter of our learn to swim programme. Your little Nemo will learn how to enter the pool on their own, and will be working on their balancing and coordination skills using the wobble board.

Nemo Toddlers



nemo
18 - 36 months toddlers

Designed to promote water safety and confidence, these toddler swimming classes help your child to transition from moving around the pool with your support to paddling independently.

Nemo Toddlers (18-30 months)

18-21 months

In your child's first term as a Nemo Toddler, we work on rotation, floatation and propulsion skills. We also help your little Nemo, through the use of songs and games, to put together skills they have learned previously and repeat them.

21-24 months

Your toddler will learn some really important swimming and water safety skills. We'll also introduce arm movements, develop your child's balancing skills, and work on more complex circuits.

24-27 months

Our instructors will help your toddler to become more confident and independent in the water. We'll practise jumping into the pool safely, work on their balancing skills, and develop their understanding of big and little leg kicks.

27-30 months

We continue to develop your toddler's breath control, and use learn to swim aids to encourage them to adopt a more effective swimming position.

Nemo Toddlers (30-36 months)

30-33 months

At this age, your toddler will be spending more time moving around the pool without you and we will introduce some new and exciting swimming aids to help them swim independently. We also practise breathing, kicking and balancing skills.

33-36 months

Our focus at this age is preparing your child for Nemo Pre-school classes. We help them become more confident and comfortable following instructions from their swimming teacher. We also work on floatation and diving (rocket) skills.

Nemo Pre-school



nemo
3 - 4 years pre-school

The perfect learning environment for pre-school children, these award-winning swimming classes are specifically designed to help build skills and confidence in the water.

Nemo Pre-school (3-4 years)

Red

In these classes, we help your child to build up their confidence swimming independently. We teach them how to jump in and move around the pool on their own. We also develop your child's aquatic breathing and floatation skills, as well as arm and leg movements.

Orange

Our Orange classes see your child start moving around the pool with fewer aids and support - a big and exciting step towards independent swimming. We also work on floatation and rotation skills, and help children master their breath control.

Yellow

Your child will start to swim on their front and their back for short distances without any support or aids. We do this mainly through the use of leg actions, and work to refine those actions as the basis for all good strokes. We also work on body shape and position, and build on rotation and jumping skills.

Green

Your child will now be swimming independently and with a recognised stroke. In these classes, they will learn how to use tuck rolls to rotate from their front to the back... and back again. We also practise submerging and reaching to pick up objects from the pool floor.

Blue

By this stage, your child can swim confidently on their front and their back, and are able to recognise different breathing techniques, arm strokes and leg actions. They also understand how to change parts of their body to manipulate balance and movement through the water.

Nemo Juniors



nemo
5 - 12 years+ juniors

From an introduction to the water to advanced aquatic skills, these classes cover stages 1-10 of the Swim England learn to swim pathway, and are offered to school-aged children. Please note that Nemo Juniors lessons in Newcastle & North Tyneside are delivered by SwimNE.

Nemo Juniors (5-12+ years)

Stage 1

By the end of stage 1, your child will be able to move confidently around the pool using aids with a flat body position. They will be confident putting their face in the water and be comfortable to try independent travel.

Stage 2

Once they complete stage 2, swimmers will be able to travel through the water unaided on their front and back using recognised leg kicks. They will be confident jumping into the pool, performing push and glides, and rotating. Swimmers will also be able to float in various positions without support or aids.

Stage 3

Stage 3 will see your child safely jumping in and submerging, swimming 10m on their front and back with overarm recovery and demonstrating a simple breathing pattern. Swimmers will be able to maintain a streamline body position through the water and pick up objects from the pool floor.

Stage 4

Stage 4 is all about the legs! By the time they complete this stage, your child will be able to demonstrate correct technique for all four leg kicks - frontcrawl, backstroke, butterfly, and breaststroke. Swimmers will also be able to swim 15m and be able to perform a sculling action.

Stage 5

A strong focus is on water skills at this stage. Children will be able to do handstands, forward rolls, sculling, treading water and be able to signal for help by the time they are awarded their stage 5 badge. Swimmers will be able to coordinate their arm and leg actions to complete all four strokes to the required standard.

Nemo Juniors



nemo
5 - 12 years+ juniors

Nemo Juniors (5-12+ years) - continued

Stage 6

By the end of this stage, your child will know how to prepare for exercise. They will be able to perform rhythmical breaths and coordinated arm and leg actions across all strokes. They will also be able to perform a "shout and signal" rescue and will have experienced swimming fully clothed.

Stage 7

Your child will be a very confident and competent swimmer by now. Stage 7 sees us continue to focus on technique and, once achieved, swimmers will be swimming 200m consistently and have effective technique across all strokes.

Stage 8

At the end of this stage, your child will be able to swim 400m without stopping. Swimmers will be able to perform 400m sets with a specified rest period, demonstrate front crawl and - using the flags - backstroke tumble turns, as well as butterfly and breaststroke touch turns.

Stage 9 (pre-comp)

Stage 9 is the first of our pre-competitive stages. The focus here is very much on technique and consistency over increasing distances. By the end of this stage, they will be able to swim 800m using one stroke and will be swimming using the correct technique, turns and transitions relevant to the stroke.

Stage 10 (pre-comp)

This is the last of our learn to swim stages. At this stage your swimmer will be able to swim an impressive 1600m using one stroke consistently, while demonstrating perfect technique. Swimmers will swim a 200 individual medley (IM) and have experience of swimming in a team relay.