

Learn to Swim Pathway

Adult & Baby

To introduce the adult and baby to a swimming environment and develop the confidence and skills of the adult to ensure the safe and effective handling of the baby in the water

Adult & Toddler

To encourage independent movement and develop the water confidence and core aquatic skills of the toddler through structured play

Adult & Child

To further develop the core aquatic skills through structured play and develop the independence necessary for the next level (without and adult in the water)



Scan here to start your Learn to Swim journey today!

Swim Skills Level 1 (a & b)

To further develop water confidence and develop core aquatic skills without aids

Preschool (a & b)

To become water confident and develop core aquatic skills (without adult assistance but with buoyancy aids as required)

Swim Skills Level 2 (a & b)

To increase the competency of the core aquatic skills and develop basic stroke technique

Club Ready

Improve and develop the skills required for club programmes and lifelong participation in aquatics

Swim Skills Level 3

Introduce more advanced stroke technique and develop water safety skills

Swim Skills Level 4

To improve the quality of stroke technique, introduce multi aquatic skills/disciplines and basic lifesaving skills

When finished the pathway you will be eligible to join a swimming club - contact coachedprogrammes@sportaberdeen.co.uk for further details

