

# Save School Swimming, Save Lives

The 2012 School Swimming Census  
and Manifesto

*Kellogg's*

 the **asa**  
*swim for life*



# Foreword

## Save School Swimming, Save Lives

2012 is an incredibly important year for sport in Britain, presenting a once in a lifetime opportunity to inspire a lifelong love of sport in our children.

The ability to harness the excitement and sporting fever that will be sweeping the nation provides a powerful opportunity to create the future Tom Daleys, Hannah Mileys and Rebecca Adlington - an opportunity which shouldn't be ignored. But above all, 2012 gives us a chance to stop the decline in the number of children learning to swim, with new research revealing an astonishing **one in three children are leaving primary school unable to swim**. Without action, this could amount to **2 million non-swimmers** over the next ten years.

The Amateur Swimming Association (ASA) is the National Governing Body for swimming in England. Its aim is to encourage more people to swim, and have fun swimming more often. It operates a world renowned learn to swim programme and award scheme that has taught millions of children to swim.

Kellogg's has supported the ASA and British Swimming since 1996, helping over two million children learn to swim through the Kellogg's ASA Awards scheme. Through the partnership, Kellogg's has also invested £1.5million on community swimming projects, helping more than 65,000 people get into swimming by breaking down barriers to participation.

Kellogg's and the ASA are working together to safeguard the future of school swimming as startling new research

shows a decline in the number of children learning to swim before leaving primary school, despite it being a statutory part of the national curriculum.

Drowning is the third most common cause of accidental death of children in England and school swimming is by far the most effective way to teach children how to be safe in and around water. With so many children missing out on the opportunity to learn this important skill, the Save School Swimming, Save Lives campaign aims to redress the balance. After all, swimming is the only sport that saves lives.

The importance of learning to swim and the role that schools have in developing the skills, understanding and motivation to participate has been recognised by many of the key national agencies including the Department for Education, Department for Health and Department for Culture, Media and Sport (DCMS).

The ASA School Swimming Manifesto aims to provide a common purpose for all those involved in the planning, preparation and delivery of swimming in schools and enable the ASA to work with the relevant government departments to help provide solutions in areas of aquatic deprivation.

The ASA will also work with Kellogg's who will invest £100,000 into school swimming projects to help identify best practice and increase the number of children learning to swim in the areas that need it most.

Achieving these objectives is crucial for a fitter, healthier and safer generation of young people. Working to achieve

these targets will ensure that all children irrespective of socio-economic and ethnic background will have the opportunity to learn a life-saving, life-enhancing skill.

We need to take action on the issues surrounding school swimming so that we can ensure that swimming remains the UK's biggest participatory sport, enjoyed and supported by the whole nation.

We call upon parliamentarians, policy makers, local authorities, schools and relevant organisations to demonstrate their support for this manifesto and help realise its vision.



**David Sparkes OBE,**  
Chief Executive, The ASA

**Bruce Learner**  
Head of Corporate Responsibility  
& Partnerships at Kellogg's

# The ASA School Swimming Manifesto

The ASA six-point manifesto aims to improve central and local government support for swimming and make school swimming lessons a priority.

## 1 Every child learning to swim in primary school

We believe that every child in the UK should have the opportunity to learn to swim in primary school. By the end of Key Stage 2, each child should be safe in and around water and a key element of this is being able to swim a minimum of 25 metres unaided. We call on central and local government to show their commitment to school swimming by reiterating this expectation to schools.

## 2 Improve training for primary school teachers

Before qualifying, all primary school teachers should be provided with at least six hours of aquatics and water safety training. The ASA is ready to work with the government on this to ensure that teachers are more confident in the delivery of swimming lessons as a statutory National Curriculum subject.

## 3 Robust monitoring of school swimming by Ofsted

We call on the government to instruct Ofsted to monitor the inclusion and delivery of swimming lessons as part of primary school inspections in Physical Education.

## 4 Swimming as a school budget priority

The ASA calls on Head Teachers to place swimming, which is a compulsory element of the National Curriculum, as one of their school budget priorities. This will help ensure that every child has the opportunity to learn this vital life saving skill and take the first steps to leading an active and healthy lifestyle.

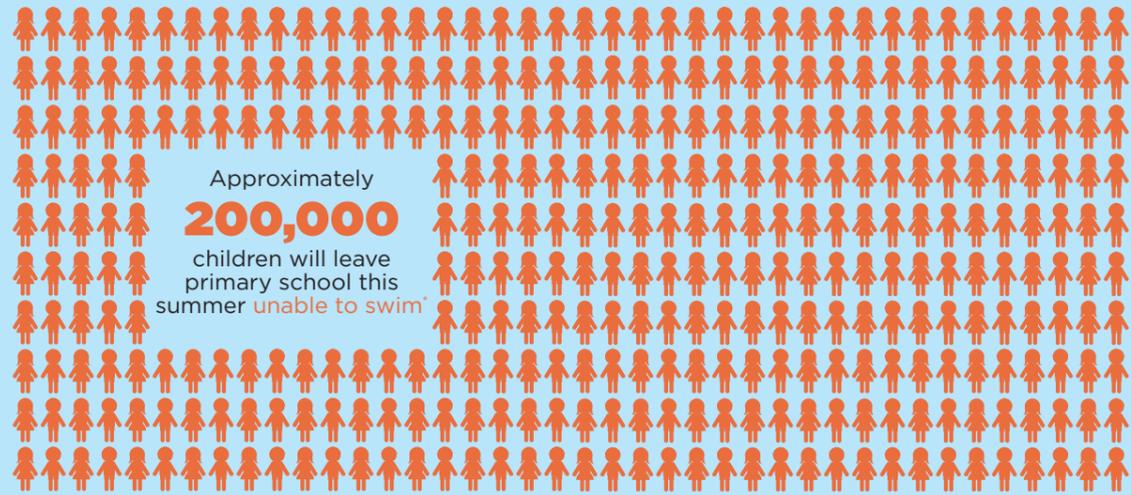
## 5 Support at secondary schools

We call for support for the thousands of children in secondary schools who are unable to swim. Being unable to swim prevents young people from participating in not only swimming and aquatics, but also other water based activities such as canoeing, sailing and rowing. It also increases the risk of death by drowning. Those who do not learn at this age are likely to become one of the one in five adults who are unable to swim in the UK.

## 6 Help keep school pools open

The ASA is committed to working with the government to help keep school pools open, which are valuable not only for school swimming, but also community use. All schools considering the development or refurbishment of swimming facilities should consult the ASA to help develop a feasibility study, business case and pool design. Schools considering the closure of pools should also consult with the ASA before closure to fully investigate all the options available for the pool to remain open and support swimming in the local community.

SWIMMING AGAINST THE TIDE



amounting to an astonishing **2 MILLION** non-swimmers over the next ten years<sup>1</sup>.



**1 in 3** In 2011, children across England were unable to swim the minimum requirement of 25 metres unaided by the end of Key Stage 2<sup>1</sup>.



More than a **third** of primary school aged children **do not receive school swimming lessons** despite it being a **statutory** element of the National Curriculum<sup>2</sup>.

This means around **75,000** children could leave primary school this summer having never been offered the opportunity to learn this life-saving skill.

<sup>1</sup>Kellogg's Freedom of Information research, 2012\*

<sup>2</sup>Kellogg's and ASA Parental Research, 2012

\*Based on 37% of children leaving school unable to swim. Freedom of Information requests made by Kellogg's to all councils in England on Key Stage 2 swimming attainment levels resulted in 84 responses with 35 holding the information (in addition Manchester City Council released the information separately). The research shows that attainment levels vary from 26% to 91% of children achieving the Key Stage 2 attainment level. This variation is cause for concern.

WHAT PARENTS SAY...



**1 in 6**

parents never take their child swimming and 12% of these say that this is because they can't swim themselves. Tellingly, more than one in five (21%) of the parents who are unable to swim say that their children can't swim either. This unfortunate fact will result in today's children becoming the next generation of adults unable to swim with their child.

**39%**

of parents don't know the National Curriculum school swimming targets that their child should have achieved by age 11.

**98%**

of parents agree that every child should be able to swim when they leave primary school.

**40%**

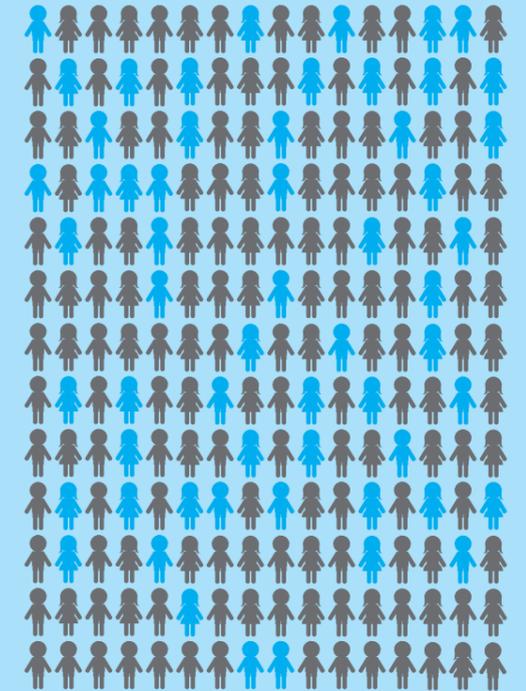
of parents do not believe their child would be able to swim to safety if they were to get into danger in the water.

Kellogg's and ASA Parental Research, 2012

DEATH FROM DROWNING IN THE UK



In the UK more than **400** people drown every year with drowning being the third most common cause of accidental death in children.



Children and young people aged 0-19 accounted for **57** deaths in 2010 alone.

National Water Safety Forum (WAID Report), 2012

*Kellogg's*

Olympic medallist  
Cassandra Patten teaches  
a group of children to  
swim at a Kellogg's Swim  
Active project



“ Many young children engage in organised sport for the first time at school - and this is when many make their first visit to the swimming pool. It is essential that this first introduction is as ‘magical’ as possible as it will, if handled correctly, stimulate a passion and interest in swimming and sport which will stay with them throughout their lives and that passion will also be passed on to their children in turn. We have a responsibility for the children of today and tomorrow to get this right by presenting school swimming in an inspiring way. ”



David Sparkes OBE,  
Chief Executive, The ASA



## Why swimming?

Learning to swim can mean far more than just improving the physical health of an individual, it can also mean the difference between life and death. Devastating figures released earlier this year highlight a worrying 35% increase in the number of children drowning\*, giving greater reason to focus on the **only sport that saves lives**.

Every parent knows how hard it can be to persuade a child to participate in an activity that they don't enjoy or excel at. While children with disabilities may become marginalised or not have access to the specialised equipment or tuition that they need in order to take part in many sports.

Fortunately though the majority of children love swimming - and for many the chance to visit the swimming pool is the highlight of their week. Swimming, diving and life saving was the most popular sports activity for children aged five to ten in 2010/11 and one in three children say that swimming is their favourite family activity.

The great thing about swimming is that all children of any ability or background can take part - and it is more accessible to children with disabilities than most other sports.

What's more, once a child learns to swim, it's one of the easiest, and safest, forms of cardiovascular exercise. Learning to swim as a child provides a valuable lifelong skill which can be continued as a teenager, adult, parent and older citizen.

There are numerous health benefits associated with swimming: it promotes heart and lung health, improves strength and flexibility, increases stamina and even improves balance and posture. It also boosts mental and emotional health.

Not only that, children can gain a range of transferable skills through swimming.

- Successful learners through mastering how to swim.
- Confident individuals by overcoming fears and the challenges of new environments.
- Responsible citizens who have the skills to use the water environment to promote their own health and well-being.
- Effective contributors who can pass on their skills and enthusiasm through teaching and coaching.

And let's not forget that a host of other Olympic sports rely on participants being able to swim, including rowing, sailing and canoeing.

But swimming isn't just about having fun and we shouldn't overlook the fact that failing to learn to swim can have very serious consequences.

The WAID water fatality 2010 data shows that, in that year alone, ten children aged five to 11 and 19 children aged 11 to 16 died from drowning, with rivers being the most high-risk location.

Clearly, cutting back on school swimming provision means that children are being denied the opportunity to learn a skill that could save their life.

Reducing the number of deaths by drowning is only possible if every child has the opportunity to learn how to swim and know how to be safe in and around water.

\*Children aged 16 years and under, WAter Incident Database (WAID) Report, 2012  
Available at [nationalwatersafety.org.uk](http://nationalwatersafety.org.uk)





## The ASA vision for school swimming

“To ensure that every child has the opportunity to participate in high quality school swimming linked to community programmes, delivered by appropriately qualified people in a safe environment.”



# Swimming and the National Curriculum

The ASA and Kellogg's support government and local authority initiatives to increase school swimming participation and seek to promote the message that it is an important - and compulsory - part of the National Curriculum.

A range of ASA resources has been produced for schools and teachers delivering school swimming at key stage 1 and 2.

Available at [swimming.org/learntoswim](http://swimming.org/learntoswim)

However, the 2012 School Swimming Census, undertaken by Kellogg's in conjunction with the ASA, found that almost four in ten primary school children (39%) don't receive any swimming lessons at all - either in or out of school.

Even though swimming and water safety is a recognised part of the National Curriculum, not all schools prioritise school swimming.

In the worst case scenario, this means that children miss out on the opportunity to swim altogether. More commonly, it means that schools - or parents - are required to subsidise lessons, which often take place in short blocks. This means that children seldom have enough time to practise the skills they need to learn to swim.

At present, school swimming is not a compulsory part of the National Curriculum at Key Stage 1 (for children from five to seven years).

If schools do choose to teach swimming at this stage, pupils should be taught to:

- Move in the pool (for example, jump, walk, hop, and spin, using swimming aids and/or support).
- Float and move with and without swimming aids.

- Feel the buoyancy and support of water and swimming aids.
- Propel themselves in water using different swimming aids, arms and leg actions and basic strokes.

During Key Stage 2 (age seven to 11 years), swimming and water safety is a compulsory part of the National Curriculum. At this stage, pupils should be taught to:

- Pace themselves in floating and swimming challenges related to speed, distance and personal survival.
- Swim unaided for a sustained period of time over a distance of at least 25m.
- Use recognised arm and leg actions, lying on their front and back.
- Use a range of recognised strokes and personal survival skills (for example, front crawl, backstroke, breaststroke sculling, floating and surface diving).

The National Curriculum Training Pack provides details of all outcomes at Key Stages 1 and 2. Please contact the ASA for more information.

## Kellogg's

Kellogg's Freedom of Information research reveals that there is significant regional variation in the attainment of the KS2 target for swimming.

The top five local authorities where children attained the target in 2010/2011 are:

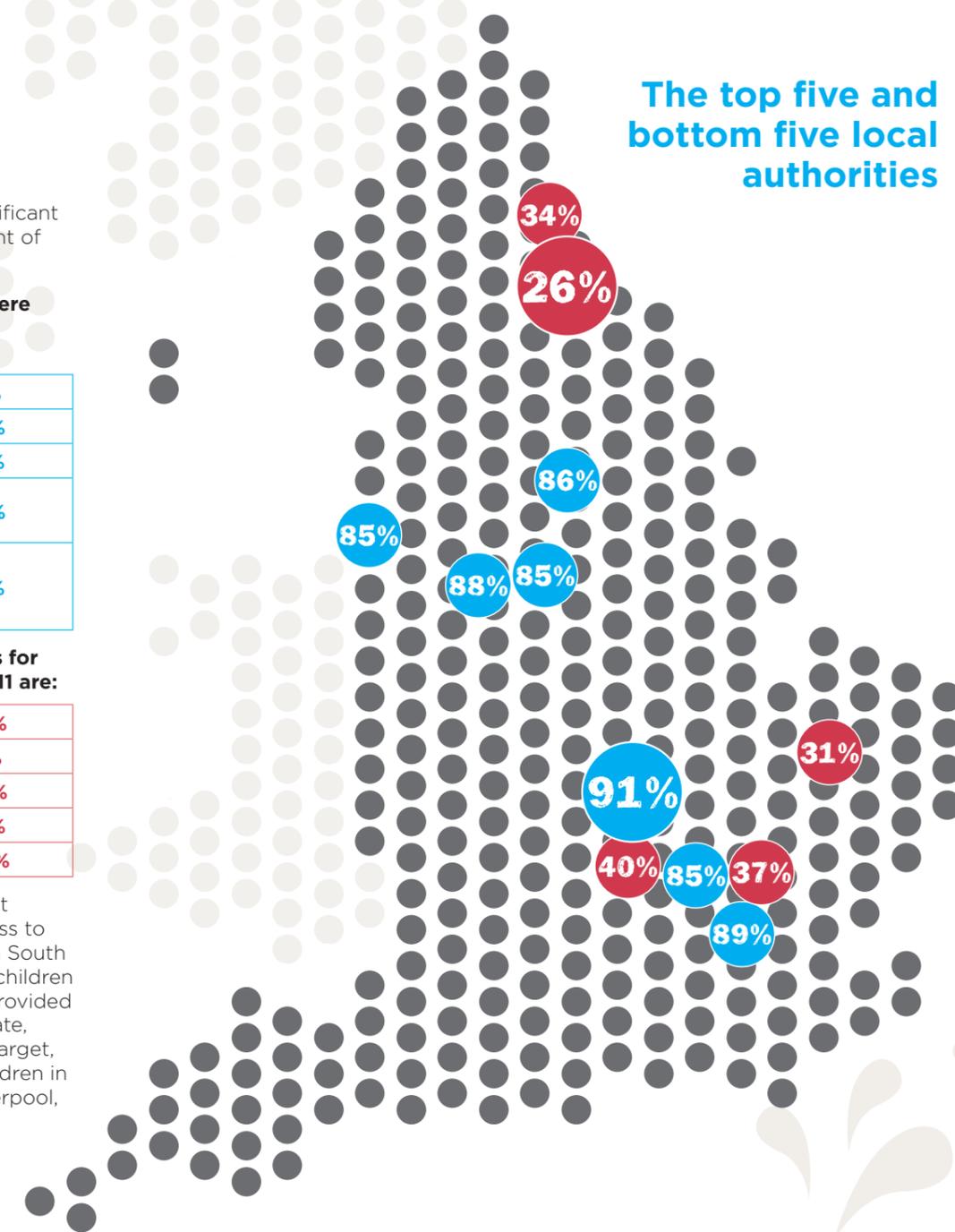
South Northamptonshire	91%
Islington	89%
Stockport	88%
Harrogate	86%
Kirklees	86%
Herefordshire	85%
Liverpool	85%
Oldham	85%

The bottom five local authorities for achieving this target in 2010/2011 are:

Middlesbrough	26%
Merton	31%
Hartlepool	34%
Redbridge	37%
Milton Keynes	40%

Tellingly, it appears that those that score well have much better access to school swimming. For example, in South Northamptonshire, where 91% of children meet the target, all children are provided with school swimming. In Harrogate, where 86% of children meet the target, all schools have access, as do children in Kirklees and Herefordshire. In Liverpool, where 85% of children can swim 25 metres unaided by the end of KS2, only two schools do not provide swimming.

## The top five and bottom five local authorities



## Case study: Swimming participation in Sheffield

Inadequate school swimming provision can have a clear impact on the number of children achieving the Key Stage 2 target of swimming 25 metres unaided, as Sheffield City Council has discovered.

The local authority told Kellogg's and the ASA that, historically, school swimming at Key Stage 2 has been funded entirely by Sheffield City Council. **Primary schools were offered a block of nine weeks of swimming** and each school decided which year group the lessons were allocated to.

However, this system produced ad-hoc participation across the city and resulted in the majority of pupils leaving primary school without reaching the minimum requirement set out in the National Curriculum. This is because pupils were given what amounted to 'taster' lessons in swimming without enough time to achieve age related expectations.

So, from 2009, a new core offer was targeted at Year 4 pupils across the city, as it was felt that this was the optimum age group for school swimming.

**By 2010, only 42% of pupils in Sheffield were achieving the KS2 target, which was well below the national average of 64%.**

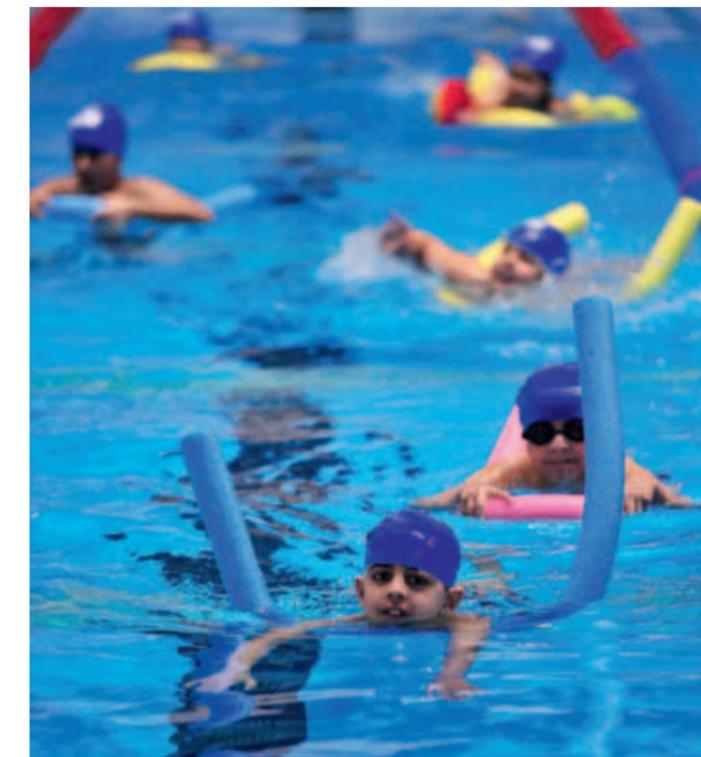
In 2010, the nine week block was extended to 12 weeks and, by July 2011; the results were already evident as the **Sheffield city average had climbed to 52%.**

At this time, schools were asked to contribute towards the cost of school swimming, to allow the city council grant for swimming to go further. In addition, schools whose KS2 target rate fell below 30% were offered an additional block for each Year 4 class, free of charge, increasing the number of lessons from 12 to 24. Sheffield City Council funded this offer through a positive activities grant. A few schools declined this offer because they felt that too much curriculum time had already been devoted to swimming.

Research indicated that the difference between Sheffield's National Curriculum attainment in swimming and other local authorities was directly linked to the number of swimming lessons available to pupils. Analysis showed that **if the number of lessons was increased, there would be a significant improvement in attainment.**

The Sports Strategy Advisor acted upon this and made changes to school swimming provision in Sheffield for 2012/13 by only offering schools a paid for block of 18 lessons to provide each Year 4 pupil swimming for half the year.

In 2012/13, all Primary and Special Educational Needs schools in Sheffield will receive 18 weeks of swimming so doubling the number of lessons provided through school swimming in 2009.



*Much effort has gone into working with schools to understand the requirements of the National Curriculum and the need to increase the number of swimming lessons for over 50% of the pupils in Sheffield. Swimming is now on the agenda. Unfortunately this coincides with the need to make savings in all spheres of public life. Can the consequences of the cut backs be allowed to affect the acquisition of a life skill such as swimming? If so the opportunity to learn to swim may remain a privilege for those who can afford private lessons.*

Jo Searle, School Swimming Consultant,  
Sheffield City Council

## Case study: Taking swimming to the next level in Manchester

Working in partnership with schools to tackle the barriers of school swimming head on has helped Manchester take swimming attainment to the next level.

Manchester City Council's **School Swimming Programme is embedded into 122 of their 127 primary schools** across the city. The programme is part of a wider package of high quality Sport and Physical Activity provision offered to all Manchester Schools by the City Council's Sports Development Unit. The council has moved away from focusing on getting numbers through the door, and through a process of evaluating logistics, teaching and costs, **Manchester has seen Key Stage 2 attainment figures increase year on year for the last three years.**

Each year around 6,500 children are offered swimming lessons through the programme, which specifically targets Key Stage 2, Year 4 children. Lessons run over a 30 week period across a full academic year at a local swimming pool to help reduce transport costs. Various pilots have been carried out specifically to evaluate more intensive exposure over shorter time frames. However, due to factors such as a transient population, large class sizes of at least 30 children and a high proportion (18%) of children attending the

programme with English as an additional language, a 30 week period of full class engagement has been found to be the best way to ensure higher attainment levels.

The teaching environment is further challenged as at the start of academic year 2011/12, it was recorded that **54% of children starting the School Swimming Programme had never entered a swimming pool before.** This is partly due to the many socio-economic issues that affect children in Manchester such as low income families and lack of transport, which all create barriers that hinder access and exposure to swimming before any school provision is offered.

Despite these challenges Manchester City Council has worked together with schools to put in place a number of solutions that has resulted in **a 21% increase in attainment levels in the last three years.** In the last academic year (2010/11), Manchester's School Swimming Programme achieved a pass rate of **79% of pupils achieving National Teaching Plan**



**Stage 3 and being able to swim 25 metres unaided.** The council's ambition for this academic year is to achieve a pass rate of 84%.

In part this success has been achieved by adopting a 30 week exposure strategy and a 'team teaching' ethos that utilises teaching staff 'parachuting in' to lessons where schools may be struggling to attain the National Plan for Teaching Swimming targets. This ensures lower ratios and intensive teaching over a sustained period of time where it is most required, whilst keeping the programme cost effective and affordable to the already strained school budgets.

In addition, the council ensures that all primary school teachers who bring schools to the swimming pools are given the opportunity to attend the ASA's National Curriculum training programme that gives school teachers the capability to engage with their pupils at the swimming lessons and support the swimming teachers, further enhancing the 'team teaching' ethos.

The work of the council does not stop at its curriculum based provision. Instead they have been working on making a real impact through extended activity and have, in conjunction with their Leisure stock operating partner (Serco), devised affordable and accessible outlet routes to extra curriculum teaching sessions and 'crash' holiday courses that give children further opportunity to develop their swimming potential. Over 3,000 Manchester children and young people a year access this type of additional provision.

The programme has undergone considerable change over the last three years from looking inward on how to up-skill and enthuse teaching staff, monitor and evaluate the programme on an outcome basis not just on output levels and test its effectiveness both from a fiscal and attainment point of view. This approach has given Manchester the opportunity to achieve the considerable success of a 21% increase in attainment levels over the last three years. However more can be done with help from partners such as the ASA to help further challenge the barriers to participation in swimming that face cities such as Manchester

*We are very proud of Manchester's School Swimming Programme and are pleased to see the increasing number of children who become 'water safe' in our communities due to this programme. With the support of our partners we will continue to strive to increase the quality and success of the programme over the coming years.*

Graham Herstell, Principle Education Manager, Manchester City Council

## What's preventing children from learning to swim?

The 2012 School Swimming Census, conducted by Kellogg's in conjunction with the ASA, found that there are three key reasons why children aren't learning to swim - all of which can be addressed by improving provision of school swimming.

The ASA has produced a guide for parents with advice on school swimming.

Available at [swimming.org/learntoswim](http://swimming.org/learntoswim)

The first of these reasons is **financial**. British families have been forced to cut back on non-essentials and 'treats' as a result of the economic downturn - and when families are feeling the pinch, expensive extra-curricular activities are often one of the first things to go.

Around one in five (19%) parents can no longer afford to take their children swimming, with 24% saying that they can't afford swimming lessons or pool admission.

As of April 2012, almost a quarter of parents (24%) pay for private lessons to help their child learn to swim, even though it's a part of the National Curriculum.

This suggests that three-quarters of British children **aren't** benefiting from other swimming lessons, which means that school swimming is their only opportunity to learn.

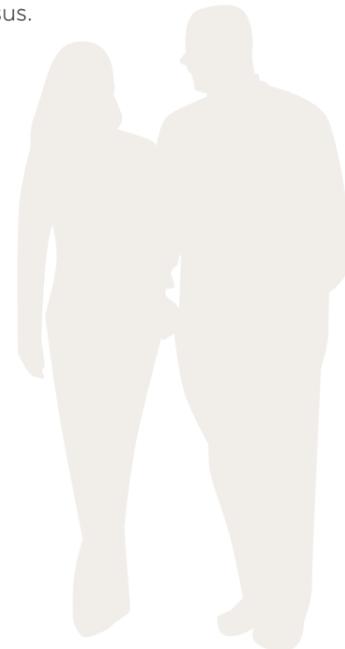
**Transport** is a problem for one in ten parents, particularly as the average distance that they would need to travel to reach the nearest pool in which their child could learn to swim is 3.6 miles.

Thirdly, **parents** who lack confidence in the water, or cannot swim themselves are understandably reluctant to take their children to the swimming pool.

This is largely because they don't believe that they possess the necessary skills to help their children learn to swim and may put them at risk as a result (17%), but also because they don't like swimming or the water themselves (12%).

If these non-swimming parents don't have the financial means to pay for private lessons, and can't rely on school swimming provision, there's a good chance that their children - and even their children's children, will never learn to swim.

All figures are from the 2012 School Swimming Census.



## How often do children go swimming?

In 2012, the typical British family make infrequent visits to their local swimming pool - with one in five (21%) taking a dip just once every four to six months.

The research shows that although just over a quarter of parents (28%) take their children swimming once a week, 15% of parents never take their children swimming.

More than one in ten (11%) parents say that their children only ever swim when they are on holiday and a further 8% say that swimming isn't an important extra-curricular activity for their children.

It seems that frequent participation really is the key to becoming a confident swimmer: only 8% of parents who take their children swimming every week say that their children can't swim - and

36% say that they can swim 50m (two lengths of a pool) unaided.

By contrast, almost a third (31%) of parents who never take their children swimming say that their children can't swim. It seems that unless they are having private lessons or benefiting from school swimming, these children simply aren't being given the opportunity to learn.

## Helping children learn to swim

The research shows that the best way to help children learn to swim is to improve provision of school swimming.

Providing blocks of subsidised lessons removes the financial barrier, and lessons held during the school day means that parents will not be responsible for organising transport.

Furthermore, expert instructors can help children to become confident in the water and reduce the likelihood that they will inherit their parents fears or anxieties about swimming, diving or going underwater.

The research shows just how much difference school swimming lessons can make: more than four in ten children (41%) who can swim more than 50m unaided have swimming lessons at school compared to 23%

of those who have lessons outside of school and 14% who are taught by their parents.

Parents clearly support school swimming, as three quarters believe that it should remain on the National Curriculum.

More children than ever will be inspired to take part in sport in 2012 making this year the ideal time for the ASA and Kellogg's to reiterate their dedication to improving school swimming for children across Britain and, with the support of policy makers, businesses and third sector bodies, to support a new generation of swimmers.

# The ASA and its partners supporting Learn to Swim

'A model of good practice'



OVER TWO MILLION CERTIFICATES & BADGES AWARDED EACH YEAR

CELEBRATE YOUR SWIM SUCCESS WITH Kellogg's



## British Gas ASA Learn to Swim Pathway

The British Gas ASA Learn to Swim Pathway provides the national syllabus produced by the ASA to assist and support the delivery of swimming lessons. It is the most successful sport programme of its kind and the syllabus is currently implemented in over 1,000 swimming programmes nationwide, as well as being adopted overseas as a model of good practice.

The programme has been developed to use fun and games to take children from their first splash to full competence in the water through ten stages, but is underpinned throughout by Long Term Athlete Development (LTAD) principles. It fully encompasses all aquatic disciplines, and incorporates Rookie Lifesaving in conjunction with the Royal Life-Saving Society.

More information available at [swimming.org/learntoswim](http://swimming.org/learntoswim)

## Kellogg's ASA Awards Scheme

The Kellogg's ASA Awards Scheme is designed to reward children when they are learning to swim. To complement the ASA Learn to Swim Pathway, the Kellogg's ASA Awards Scheme encourages and rewards children and young people through every stage. The scheme is one of the most successful of its kind within both British and international sports. Over two million certificates and badges are awarded each year.

More information available at [swimming.org/learntoswim](http://swimming.org/learntoswim)



*Kellogg's*

Six-year-old **Niall Murphy** is congratulated by members of Spinney Hill SC at Northampton after receiving his 1000m certificate. It took him an hour and a half and he didn't use doggie-paddle once.





**Kellogg's Swim Active**

Since 2006, the Kellogg's Swim Active programme has invested £1.5million on community swimming projects that have helped more than 65,000 people get into swimming.

Projects have been set up all over the UK to break down the barriers different communities have to taking part in the sport – from introducing special lessons for disabled children to providing transport to pools in rural locations, we've worked with local communities to find out what works for them.

The funding, administered through the Swimming Trust, is offered to projects that increase swimming participation within under-represented communities and worthwhile organisations.

In 2012, projects delivering swim based activity for Key Stage 2 and Key Stage 3 students, adding value to the school swim programme, addressing gaps within learn to swim programmes and taking place outside the school curriculum timetable, are openly encouraged to apply for funding.

More information available at [swimming.org/learntoswim](http://swimming.org/learntoswim)



**British Gas Pools 4 Schools**

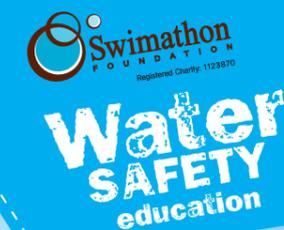
British Gas Pools 4 Schools is an innovative programme that takes portable swimming pools to schools located in areas of aquatic deprivation across England. The concept was first piloted in 2007, and, since then, has been rolled out at numerous locations in every region of England, teaching more than 30,000 children to swim.

More information available at [swimming.org/learntoswim](http://swimming.org/learntoswim)

GRANTS THAT  
**ADD  
VALUE**  
TO SCHOOL SWIM  
PROGRAMMES  
*Kellogg's*



'Teaching  
more than  
**30,000**  
children  
to swim'



**Get Safe 4 Summer**

Get Safe 4 Summer is a national water safety education programme that aims to raise awareness of the dangers of swimming in open water such as lakes, river, canals and the sea.

The scheme is targeted at children, primarily of primary school age and in particular those at Key Stage 2 through a series of events that take place throughout the summer.

More information available at [swimming.org/learntoswim](http://swimming.org/learntoswim)



## Athlete memories



“ After falling in a river, my parents booked my first swimming lesson. Like many kids I remember being extremely anxious, maybe even scared at first, however the confidence I got after letting go of the side for the first time was unbelievable and 20 years after that first experience I won an Olympic medal! ”

**Steve Parry, Olympic Bronze Medallist**



“ My dad taught me how to swim when I was three and I just seemed to have a natural feel for the water, I just loved being in it! I had other hobbies but nothing compared to swimming and as my dad was so passionate about the sport, I stuck with it. I also swam a lot with friends, we were always heading to the local pool during holidays and weekends as it was always so much fun! ”

**Hannah Miley, Olympian & World Silver Medallist**



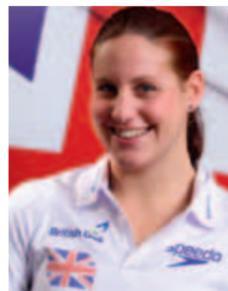
“ I spent the first five years of my life in the Seychelles so I learnt to swim in the Indian Ocean at a very early age. I then moved to sunny Stockport and joined my local swim team and it was there that I started to take my swimming to the next level. ”

**James Goddard, Olympian & Commonwealth Champion**



“ I remember the first time I got in the water and learnt to float. I felt so free and my disability didn't hold me back. The sense of achievement after every lesson, knowing that I learnt a new skill each time was awesome. Little did I know I would go on to be the best in the world! Learning to swim is the best thing I have ever done. ”

**Sascha Kindred, six time Paralympic Champion**



“ It may not be my first memory but my best memory of swimming is getting my 25m badge. I just remember getting the badge and my mum putting it on my towel. I was so proud! ”

**Jo Jackson, Olympic Bronze Medallist**





### Contact the ASA

Pavilion 3, SportPark, 3 Oakwood Drive, Loughborough University, Leicestershire LE11 3QF  
Tel: 01509 618700 | Fax: 01509 618701 | [www.swimming.org](http://www.swimming.org)

For enquires on school swimming email [schoolswimming@swimming.org](mailto:schoolswimming@swimming.org)

