



**harpers**  
swim school

 **Stoke Mandeville Stadium**

# Fun swimming lessons

**Stoke Mandeville Stadium**

Swimming lessons at Stoke Mandeville Stadium bring wonderful opportunities for your children to have fun while developing a wide range of skills, which result in a competent, confident and safe swimmer.



**WheelPower**

*British Wheelchair Sport*

Stoke Mandeville Stadium is managed by  
Leisure Connection Ltd. on behalf of WheelPower

[www.harpersfitness.co.uk](http://www.harpersfitness.co.uk)

[www.stokemandevillestadium.co.uk](http://www.stokemandevillestadium.co.uk)



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**Lessons to suit all. See below for the stage – activity requirements.**

- Stage 1:** cannot swim at all
- Stage 2:** cannot swim but has a go with floats and armbands
- Stage 3:** can swim on own with arm bands but no technique... doggy paddle!
- Stage 4:** can swim 5 metres but no more than 10 metres on own, also has recognisable strokes, front crawl & back stroke.
- Stage 5:** can swim 10 metres + and ok in the deep pool.
- Stage 6:** can swim 25 metres + ok in the deep pool.
- Stage 7:** can swim 100 metres + and has good stroke
- Stage 8:** can swim well all strokes 200 metres +
- Stage 9:** can swim 400 metres well.
- Stage 10:** can swim 800 metres well.

**Bronze, silver & Gold challenges:**

- can swim 25metres +
- Honors:** can swim 400 metres well
- Rookies:** can swim 25 metres +
- Water Polo:** can swim 25 metres +
- Ducklings 1:** (6 – 18 months aprox)
- Ducklings 2:** (18 – 30 months aprox)
- Ducklings 3:** ( 30 months – 3 yrs aprox)
- Ducklings 4:** (3yrs – 4 yrs aprox)
- Ducklings 5:** ( 3 yrs – 5 yrs aprox)
- Adult beginners:** can't swim
- Adult improvers:** can swim 25 meters

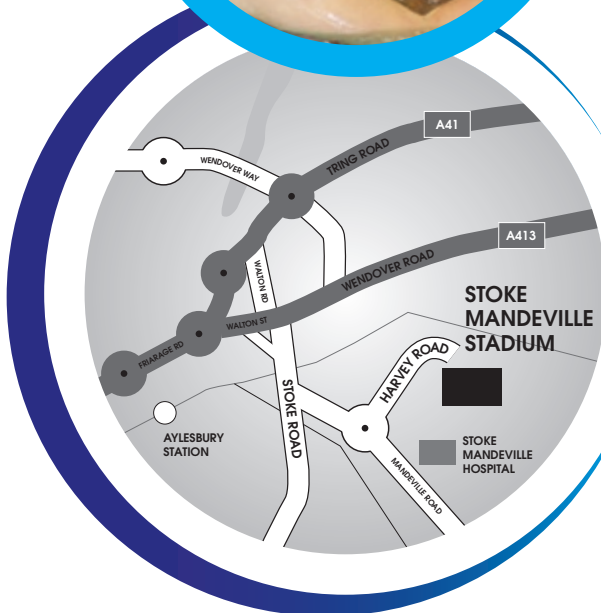


**Stoke Mandeville Stadium & Olympic Lodge Hotel**

Guttmann Road, Stoke  
Mandeville, Aylesbury,  
Buckinghamshire HP21 9PP

**01296 484848**

stoke.mandeville@harpersfitness.co.uk



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