

# Case Studies

## Junior Learn to Swim – progression to performance

Sophia started her swimming journey with 'Splash', the Swim Wales framework for children aged 3+, which encourages a young child's discovery of the aquatic environment to develop water confidence. From there Sophia joined the Junior Learn to Swim programme, with group lessons in Llantrisant Leisure Centre, and small group lessons at Rhondda Sport Centre.

Sophia progressed all the way from Splash up to Wave 8, which is the highest class in the Junior Learn to Swim programme. After completing Wave 8 Sophia joined the RCT Performance Swim Squad. She is now in their Performance 2 group (Performance 1 being the highest). She has topped the rankings in Wales for some races and she recently won the Under 11's award in her club, after winning 3 out of her 5 races.



### What did you think of the Junior Learn to Swim programme?

"I really enjoyed the lessons. The teachers would use good examples and demonstrations and the instructors were great. I also really enjoyed the activities, especially in the later waves." Sophia

"The Junior Learn to Swim programme was really good. I could see her progressing more and more each week. She made friends in the lessons too, so this helped with her confidence. The online portal helped to show us clearly how she was progressing. We could work on areas she needed to improve on outside the lessons in our own time." Parent

### Why do you think its important to learn to swim?

"I think swimming is a life skill. I remember we had to wear pyjamas a few times to help prepare us for swimming in clothes if we ever got in danger. I thought that was really good. Swimming is also a great way to meet new friends. You can continue to progress if you want to become more competitive and take part in competitions." Sophia

"I was scared of the water when I was little so I knew how important it was. When I overcame that fear, it opened up a lot of opportunities for me. I think it's a great way to keep fit. It's a life skill too so from a safety point of view it was important to me that our children learnt to swim." Parent

### How are you enjoying your swimming now, with RCT Performance Swim Squad?

"I really like the sessions, they're fun but challenging. I've made loads of friends at the club. Swimming has such a good social side. I'm a bit competitive and they have lots of competitions for us to enjoy. I also love having really good coaches which push me to my full potential but are really supportive and funny."

### Tell us about your swimming goals.

"Long term I'd like to get as far as the Commonwealth Games. Short term, I want to swim at Wales National Summer Championships. I'm not quite old enough yet, but I'll be able to go next year. My aim is to PB at the Championships."