

Additional Courses

Stroke Improvement

These are special 6 week courses designed to help the child who needs extra coaching.

Adults

We run courses for absolutely terrified beginners, improvers and advanced adults.

Masters Swimming (25 yrs or older)

These are friendly coached sessions for the more mature swimmer interested in improving their strokes starts, turns and stamina.

Holiday Crash Courses

4 or 5 day Crash courses are run during the school holidays. This means your child will attend the same time each day. These are very beneficial to the nervous beginner or the less able.

Private Lessons (All Levels)

One to one lessons are available for all ages and abilities. They can be arranged at a time to suit you

All private lessons adhere to the ASA National Plan for Teaching Swimming. Please contact Reception for details.

LIFESAVING

RLSS courses are organised each term. Please enquire at Reception for details.



Contacting us!



Dover Leisure Centre

Townwall Street
Dover. CT16 1LN
Tel: 01304 201145



Tides Leisure Pool

Victoria Park
Deal. CT14 9UU
Tel: 01304 373399

A few HYGIENE and SAFETY hints to help you enjoy SwimSchool to the full

- Children should not be left unattended in the centre
- Appropriate changing facilities should be used at all times
- Pupils may not swim with open wounds.
- Please ensure your child/children use the toilets before swimming.
- Pupils may not eat sweets or chew gum whilst in the pool.
- It is not recommended to eat heavily up to one hour before swimming.
- Please shower and use the toilet before swimming.
- No jewellery or watches should be worn.

N.B. Refunds will only be given in exceptional circumstances and at the discretion of the Manager.

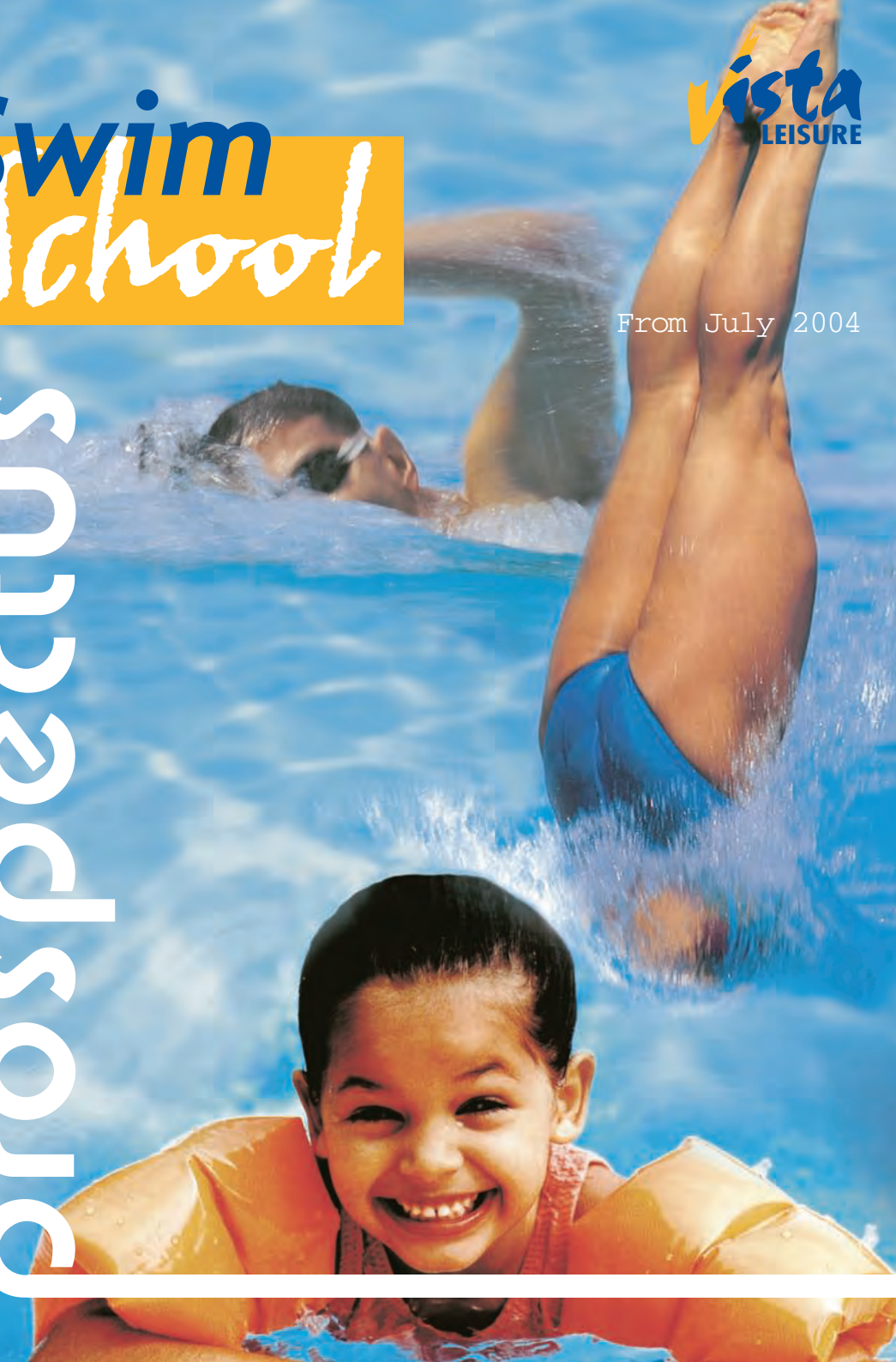
Registered Address: Suite 3, The Limes Business Centre, 6 Broad Street, Deal, Kent. CT14 6ER
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Charity Registration No. 1099530

Swim School



From July 2004

products



Welcome to SwimSchool

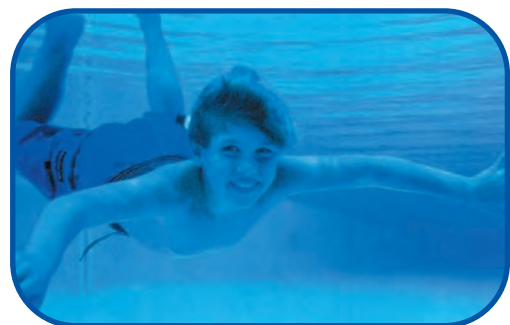


Welcome to *SwimSchool* which has been carefully designed to offer the highest standards of swimming teaching. *SwimSchool* adheres to the Amateur Swimming Association (ASA) National Plan for Teaching Swimming.

Southern Water have joined forces with the ASA and sponsor lessons for children aged 4 to 12 years.

ASA NATIONAL PLAN FOR TEACHING SWIMMING

This scheme provides a comprehensive, integrated, progressive teaching programme based upon sound technical and educational principles developed over many years. With 12 levels to progress through the syllabus allows individuals to progress at their own pace. A child's progress will depend on a number of different variations: natural ability, confidence, previous experience, the ability to listen and to learn new skills, their attention span, a busy day at school, or spending an hour in the pool before their lesson! Each class has pupils of similar ability resulting in continual improvement without some pupils being held back or others struggling to keep up with their group. It is our policy to ensure all lessons are enjoyable, interesting, whilst aiming for the highest levels of water confidence, skills and technique.



Why learn to swim?



- SURVIVAL:** This area is surrounded by sea, there are a number of rivers, streams and gravel pits.
- THERAPY:** Less able or disabled people can benefit from time spent in the water. Water gives support without too much resistance. Swimming keeps you healthy.
- SOCIAL:** All ages can take part; swimming is a great leisure activity for all the family. Age is no barrier.
- COMPETITION:** All children love to compete and like to join a club.

PROFESSIONAL TEACHING STAFF

Our committed *SwimSchool* Principal and teachers have all been trained to deliver the ASA National Plan for Teaching Swimming, and adhere to the ASA recommendations for continual professional development. This means our swimming teachers attend regular training sessions to keep them up to date with the latest initiatives for teaching swimming.

AWARD SCHEME

Each *SwimSchool* pupil is given a specific coloured hat to assist teaching staff to organise lessons on poolside. The wearing of hats is strongly recommended for hygiene and safety reasons. Colourful awards are available for each level. Every *SwimSchool* pupil receives feedback in the form of a report towards the end of term.

OUR COMMITMENT TO YOU

We aim to provide a quality product which is also value for money. When you pay for a course of swimming lessons we believe that is what you should get! *SwimSchool* offers distance award sessions, incorporating a parents' evening, towards the end of each term in addition to normal classes.

Lessons

Lesson	Description	Awards
Minnows	Structured play sessions accompanied by parent or guardian to develop their child's water confidence and develop water skills necessary to learning to swim.	ASA Duckling 1 - 5
Ducklings	Further development of confidence and basic skills with the use of armbands and floats.	ASA Duckling 1 - 5
Duckling Plus	Preparation for more formal teaching. (adult may be present)	ASA Duckling 1 - 5

Lesson	Description	Awards
Level 1 Level 2	Develop breathing and movement in water with and without aids, building independence and teaching basic foundations of swimming technique.	ASA Level 1 ASA Level 2
Level 3 Level 4	An introduction to strokes, floating and under water skills.	ASA Level 3 ASA Level 4
Level 5 Level 6	Enhanced stroke techniques, under water confidence, treading water, jumps.	ASA Level 5 ASA Level 6
Level 7 Level 8	Development of the four main strokes incorporating greater stamina, breathing techniques, and aquatic skills.	ASA Level 7 ASA Level 8
Level 9 Level 10	Develop survival skills, continued development of strokes with emphasis on technique	ASA Level 9 ASA Level 10
Level 11 Level 12	Competition skills, targets and stamina	ASA Level 11 ASA Level 12
Principal Squad Plus	Advanced water skills	ASA Challenge, Speed and many other awards
Improve your stroke	Additional lessons designed to help the child who is experiencing problems with a particular stroke	
Personal Survival	Water safety and personal survival	Rescue Award Preliminary Safety Award ASA Survival Levels 1 & 2
Rookie	Introduction to basic lifesaving skills	RLSS Rookie Lifeguard 1 - 5
Bronze Medallion (14yrs+)	Water safety, resuscitation and water rescue skills	RLSS Bronze Medallion
National Pool Lifeguard Qualification (16yrs+)	Vocational qualification	RLSS NPLQ