

Swim Scheme Winter Term 07/01/20 – 28/03/20

Having successfully launched our Swim Scheme this September 2019, The Willison Sports Centre is now open for bookings for the oncoming term, having more than 100 swimmers improving their skills in well-structured fun sessions.

The Swim Scheme brings over 15 years of experience delivering swimming lessons across the UK and abroad, into this well-established sports facility at the heart of Northamptonshire.

Our swimming lessons follow Swim England guidelines (previously ASA), and are delivered by IOS and STA qualified swimming instructors, who focus on technique, repetition, progression and forming a strong connection with the swimmers. Our fun structure allows the swimmers to learn this lifelong skill, in an enjoyable and safe environment.

The Scheme

PRE-SCHOOL	PRIVATE LESSONS (30 mins)
STAGE 1 (30 mins)	
STAGE 2 (30 mins)	
STAGE 3 (30 mins)	
STAGE 4 (30 mins)	
STAGE 5 (30 mins)	
STAGE 6 & 7 (45 mins)	
ROOKIE LIFEGUARD (45 or 60 mins) Stages 8-10	
ADULT GROUP SESSION (45 mins) Beginners & Intermediate	

The Prices

CLASS / SESSION	PRICE	SESSION LENGTH	WEEKS
PRE-SCHOOL TO STG 5	£69.00	30 MINS	11
STAGE 6 & 7	£91.00	45 MINS	11
ROOKIE LIFEGUARD (ALL LEVELS)	£96.50	60 MINS	11
ROOKIE LIFEGUARD (BRONZE)	£91.00	45 MINS	11
ADULT GROUP SESSION	£82.50	45 MINS	11
SINGLE PRIVATE LESSON	£16.00	30 MINS	N/A
DOUBLE PRIVATE LESSON	£20.00	30 MINS	N/A
COURSE OF PRIV. LESSONS - SINGLE	£161.40	30 MINS	11
COURSE OF PRIV. LESSONS - DOUBLE	£204.00	30 MINS	11

Swimmers booking later in the term will get pro rata based on their starting date.
Siblings booking at the same time are eligible to a 10% discount.

To book a place or for more information please email us at
hello@willisonsportscentre.co.uk

Pre-school

Recommended for children aged 3. This stage is a foundation to promote water confidence as well as build basic motor skills by playing a number of fun based activities which encourages their development.

Ratio: 1:4.

Stage 1

Recommended for children aged 4 years and above. This stage focuses on the basic development of safety awareness, movement and water confidence. Swimmers may use floating devices e.g. arms bands and/or floats.

Ratio: 1:4

Stage 2

Recommended for swimmers who are able to put their face in the water comfortably. This stage focuses on the development of safe entry into the water, jumping in, floating, rotating to regain a standing position, and to operate a position without support. Travel must be without flotation devices.

Ratio: 1:4

Stage 3

Recommended for swimmers who can travel for 5m comfortably and able to float on their back. This stage focuses on the development of safe entry into the water, including submersion, travelling up to 10m on their front and back, progressing rotation skills and water safety knowledge.

Ratio: 1:6

Stage 4

Recommended for swimmers who can travel on their front and back for 10m. This stage focuses on the development and understanding of buoyancy using a range of skills, refining their kicking technique for all strokes, and swimming 10m to a given standard as directed by the governing body.

Ratio: 1:6

Stage 5

Recommended for swimmers who can swim a recognised stroke for 10m, as well as travelling on their back for the same distance. This stage focuses on the development of all techniques, sculling, treading water, completing rotations and also performing all strokes to the governing body standards.

Ratio: 1:6

Stage 6

Recommended for swimmers who can swim all four recognised strokes for at least 10m. Swimmers shall also have strength to swim backstroke and front crawl for 25m. This stage focuses on developing effective swimming skills including coordinated breathing, understanding of water safety and preparation for exercise.

Ratio: 1:8

Stage 7

Recommended for swimmers who can swim all four recognised strokes for at least 25m, with enough strength to swim backstroke and front crawl continuously for 50m. This stage focuses on developing quality and effective techniques up to 100 m, incorporating skills learnt and combining them to develop a linked routine, as well as completing successfully an obstacle course that combines a variety of skills learnt throughout stages 1 to 7.

Ratio: 1:8

Rookie Lifeguard

This program develops the skills needed to be confident in delivering water based scenarios incorporating the use of role play and colourful materials, with fun varied activities, where the swimmers learn how to swim and enjoy water safely whether it is deep or shallow..

Ratio: 1:8.

Adult Group Sessions

This program develops the skills needed to be confident in the water and build technique and endurance on at least 2 strokes of choice.

Ratio: 1:8.

Private Lessons

Private lessons are available upon request. These are available to all ages from 3 years of age up to adults. All swimming abilities welcome.

Ratio: 1:1 or 1:2

Winter Term - January to March 2020

This term will be 11 week's long:

- Start of Sessions: Tuesday 07/01/20
- Half Term Break: Monday 17/02/20 - Sunday 23/02/20 (Crash Course Week)
- Assessment Week: 10/03/20 - 14/03/20
- Re-Enrolment Week: 16/03/20 - 22/03/20 (Priority Places)
- End of Term: Saturday 28/03/20 (Last lesson)

The Timetable

	TUESDAYS		
16:00 – 16:30	STG 1	STG 2	STG 3
16:30 - 17:00	STG 4	STG 3	STG 1
17:00 - 17:30	PRIV	STG 1	STG 2
17:30 - 18:00	PRIV	STG 1	STG 6&7 45 MINS
18:00 - 18:30	STG 5		

	WEDNESDAYS		
16:00 – 16:30	PRIV	STG 2	PRE-SCHOOL
16:30 - 17:00	STG 3	STG 4&5	STG 1
17:00 - 17:30	STG 1	STG 1	STG 2
17:30 - 18:00	STG 4	STG 3	PRIV
19:30 - 20:15	ADULT GROUP SESSION (BEG & INT) 45 MINS		

	THURSDAYS		
16:00 – 16:30	PRE-SCHOOL	STG 1	STG 2
16:30 - 17:00	STG 2	STG 3	STG 1
17:00 - 17:30	STG 5	STG 4	STG 2
17:30 - 18:00	STG 6&7 45 MINS	ROOKIE LIFEGUARD 60 MINS	PRIV
18:00 - 18:30			

	SATURDAYS		
09:00 - 09:30	STG 1	STG 2	09:00 - 09:30
09:30 - 10:00	STG 2	STG 3	09:30 - 10:00
10:00 - 10:30	PRIV	STG 6&7 45 MINS	10:00 - 10:45
10:30 - 11:00	STG 1		
11:00 - 11:30	PRIV	ROOKIE LIFEGUARD 45 MINS	10:45 - 11:30
11:30 - 12:00	STG 2	STG 4	11:30 - 12:00
12:00 - 12:30	PRIV	STG 5	12:00 - 12:30
12:30 - 13:00		PRIV	12:30 - 13:00

Private Lessons available upon request.

TERMS AND CONDITIONS

SWIM SCHEME

For all of our activities and courses the following terms and conditions apply:

Bookings

1. Places will not be considered as booked until we have received a completed booking form and full payment. All bookings will be accepted and allocated on a 'first come, first served' basis.
2. An applicant, who withdraws from a course or activity up to 10 days prior to the start, will receive a refund of 75% of the fee paid.
3. An applicant who withdraws from a course or activity within 10 days of the start date or once the course or activity has commenced will forfeit the whole fee unless the Willison Sports Centre management, on written request, agrees to a refund. All requests for refunds should be made via email to david.alvarez@ewsacademy.org.uk stating the reason for the request.
4. We reserve the right to cancel a course or activity if the numbers attending are not sufficient to make the course viable. In this case a full refund will be offered.
5. Applicants and those accompanying the applicants will abide by the Willison Sports Centre Pool Safety Operating Procedure (PSOP), as well as these Terms & Conditions. A copy of the full PSOP is available on request.
6. Re-enrolment Week: For those swimmers who are remaining in their current class, their placements will be secured. For existing swimmers who are moving up, they will have priority to select their preferred class during this week. After which, all bookings will be open to the general public*.

Safety

1. Do not leave children unattended.
2. Please be aware that our staff is not responsible for the children while they are in the changing rooms, school corridors and/or the car park.
3. Do not enter the poolside if there is no lifeguard or teacher present.
4. Please ensure that any children who are not swimming do not wander around the poolside.
5. Spectators must either sit in the café area or remain in the changing area whilst the lessons are taking place.
6. Due to child protection issues no phones, mobile devices, cameras or video equipment are permitted poolside nor should they be used in the changing rooms.
7. If you hear a continuous ringing of the school bell, this is the fire alarm and you must evacuate immediately using the nearest access route. Assemble on the sports hall back field (next to the MUGA). Do not stop to collect belongings.
8. Lifeguards and swimming instructors are responsible for clearing the pool and bringing the swimmers down to the assembly point.

Changing Areas & Swimming Attire

1. Children over the age of 8 years must use the correct room for their gender.
2. Parents bringing younger children should use the correct changing room appropriate to the parent.
3. Men/boys over the age of 8 years must enter the poolside via the male changing room.
4. Women/girls over the age of 8 years must enter the poolside via the female changing room.
5. Users are advised to bring their belongings to the poolside where they can be left on the side, as there are no lockers provided. At all times, users, coaches and hirers are responsible for the security of their belongings.
6. Property left in the changing rooms and not placed in a locker is there at the owner's risk.
7. Please remove footwear before entering the poolside to prevent outdoor contamination to the poolside. Blue plastic shoe covers are provided at reception for spectators to enter poolside, where necessary.
8. Long Hair: Preferably a swimming cap should be worn but if this is not possible please ensure that the hair is tied back using a band or bobble. Please do not use sharp clips or slides.
9. Boys swimwear: Loose fitting (surfer type) shorts and wetsuits are not appropriate for swimming lessons as they can inhibit some of the swimming activities.
10. Girls' swimwear: Girls need to wear a swimming costume, not a bikini.
11. All plasters should be removed before entering the water.
12. No jewellery is permitted in the pool. This includes earrings and piercings. If earrings cannot be taken out then a swimming cap that fully covers the ears must be worn. If other piercings cannot be removed then the applicant will need to refrain from swimming until such time as they can be removed.
13. Swimmers wear goggles at their own risk. Parents must be responsible for adjusting and ensuring that the goggles fit correctly so that they do not move around and damage the eyes.
14. Swimmers will be asked to remove their goggles for jumping in and diving practices.

Food & Drinks

1. The following guidance should be followed when eating before swimming: After eating a light snack allow 1 to 2 hours before entering the water. After a meal allow 3 to 5 hours.
2. No food or drink is to be taken on to the poolside and unfortunately this includes snacks, sweets and drinks for spectators.
3. Swimmers in the higher stages can bring water in a plastic container, if required.