

Swim Scheme Crash Courses Easter Break

WK1: Mon 06/04/20 to Fri 10/04/20 (5 days)

WK2: Tue 14/04/20 to Fri 17/04/20 (4 days)

Having successfully launched our Swim Scheme this September 2019, The Willison Sports Centre is now introducing crash courses, with the aim to help swimmers improve their skills in a short set of sessions over a five day period during the holidays.

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

STAGE 1 (30 mins)
STAGE 2 (30 mins)
STAGE 3 (30 mins)
STAGE 4 (30 mins)
STAGE 5 & 6 (45 mins)

The Prices

CLASS	WEEK 1		WEEK 2		SESSION LENGTH
	PRICE	NUMBER OF SESSIONS	PRICE	NUMBER OF SESSIONS	
STAGE 1 TO STAGE 5	£30.00	5	£24.00	4	30 MINS
SINGLE SESSION STAGE 1 TO STAGE 4	£8.00	1	£8.00	1	30 MINS
STAGES 5 & 6	£40.00	5	£32.00	4	45 MINS
SINGLE SESSION STAGES 5 & 6	£10.00	1	£10.00	1	45 MINS

The Programme

This Half Term Crash Courses start on Monday 17/02/20 and finish on Friday 21/02/20. Sessions can be booked for the entire 5 days, or the required specific days.

	WEEK 1 - MONDAY TO FRIDAY	WEEK 2 - TUESDAY TO FRIDAY
10:00 - 10:30	STG 1	STG 1
10:30 - 11:00	STG 2	STG 2
11:00 - 11:30	STG 3&4	STG 3&4
11:30 - 12:15	STG 5&6	STG 5&6

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

The Swim Scheme Stages Explained

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 on the front and on the back without support. Travel must be without flotation devices. **Ratio: 1:4**

Stage 3

Recommended for swimmers who can travel for 5m comfortably and are 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 confidently 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 comfortably. 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**

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Terms and Conditions

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 full copy of the PSOP is available on request.

Safety

1. Do not leave children under the age of 12 unattended.
2. Please be aware that our staff are 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, 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 changing 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 onto 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 left 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 (no midriff showing).
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 Stages 5 and above can bring water in a plastic bottle, if required.