THE WILLISON SPORTS CENTRE SWIMMING PROGRAMME TERM TIME 2014

LESSONS COMMENCE	Week beginning Tuesday 9 th September	
	(13 Week term)	
BADGES	Weeks beginning 25 th November (WEEK 11)	
	2 nd December (WEEK 12)	
ENROLMENTS	Week beginning Tuesday 25 TH NOVEMBER	
	(WEEK 11)	
NO LESSONS	Monday 27 th October - Sunday 2 nd November	
	Half term	

YOUR PLACE CAN NOT BE GUARANTEED IF YOU DO NOT RE-ENROL NO CHILD WILL BE ALLOWED TO SWIM UNLESS FULL PAYMENT HAS BEEN MADE AND AN APPLICATION FORM IS FILLED IN BEFORE THEIR LESSON

TUESDAY				
4.00PM	4.30PM	5.00PM	5.30PM	
MINNOWS/	MINNOWS B/1	PENGUINS B	KINGFISHERS A	
TERRAPINS	PENGUINS A	KINGFISHERS B	MINNOWS B/2	
	OTTERS	DOLPHINS	MINNOWS A	
WEDNESDAY				
4.00PM	4.30PM	5.00PM	5.30PM	
	MINNOWS B	PENGUINS	KINGFISHERS	
	MINNOWS A	OTTERS	DOLPHINS	
THURSDAY				
4.00PM	4.30PM	5.00PM	5.30-6.30PM	
MINNOWS C	MINNOWS B	MINNOWS A	ROOKIE	
PENGUINS A	KINGFISHERS	OTTERS	LIFEGUARD	
DOLPHINS				
SATURDAY				
9.00AM	9.35AM	10.10AM	10.45AM	11.20AM
TERRAPINS	MINNOWS B	PENGUINS	KINGFISHERS B	OTTERS
MINNOWS C	MINNOWS A	KINGFISHERS A	DOLPHINS B	DOLPHINS A
SUNDAY				
9.00AM	9.35AM	10.10AM	10.45AM	
MINNOWS	PENGUINS	KINGFISHERS	OTTERS/	
			DOLPHINS	

^{*}PLACES WILL ONLY BE ALLOCATED ON RECEIPT OF APPLICATION FORM AND FULL PAYMENT SPACES ARE LIMITED

AND CANNOT BE GUARANTEED*

A = ADVANCED / B = INTERMEDIATE / C = INTRODUCTORY / MIXED

- No Parents Are Allowed Pool Side During Lessons
 - No Outdoor Shoes On Pool Side
- Please Indicate On Application Any Medical / Health Information The Teacher May Need To Know
 - Hats Must Be Worn Every Lesson (No Hat = No Swim)
 - You May Purchase One From The Office Or Bring Your Own.

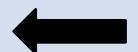
SWIMMING LESSONS COSTS AND TARGETS

- TERRAPINS
- - MINNOWS
- PENGUINS
- KINGFISHERS
 - OTTERSDOLPHINS



13 WEEK COURSE
½ HOUR LESSONS
£65.00 / £62.40 FOR SECOND CHILD

13 WEEK COURSE 1 HOUR LESSONS £104.00 / £101.40 FOR SECOND CHILD



- ROOKIE LIFEGUARD.

ABILITY	PERSONAL TARGETS
Age 3 & 4 years only (Pre school)	Water Confidence
Minimum age 4 and over	Duckling, puffin, 5m
Confidence in water, able to swim 5m front and back without buoyancy	Grade 1 Water Skills 10m, 15m & 20m
aids.	
Able to swim 25m Front and Back	Grade 2 & 3 Water Skills
Crawl. Pick up an object (shallow	25m & 50m
end) Have an understanding – Front	Preliminary Safety Award
Crawl / Back Stroke / Breast Stroke /	
Butterfly.	
Able to swim 50m Back Crawl, &	Grade 3 &4 Water Skills
Front Crawl, 15m Breast Stroke. Kick	100m & 200m
10m butterfly.	Personal survival
	Grade 5 & 6 Water Skills
	400m & 800m
-	Personal Survival
•	
• .	Challenge Awards –
•	Bronze / Silver / Gold
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Includes Water Safety, Self-Rescue,	Covers basic first aid, Highlights
	Water Dangers and Survival Skills
	ASA Speed Awards, Swimming
Years. Understand & implement all 4 strokes.	Fitness Programme
	Age 3 & 4 years only (Pre school) Minimum age 4 and over Confidence in water, able to swim 5m front and back without buoyancy aids. Able to swim 25m Front and Back Crawl. Pick up an object (shallow end) Have an understanding – Front Crawl / Back Stroke / Breast Stroke / Butterfly. Able to swim 50m Back Crawl, & Front Crawl, 15m Breast Stroke. Kick 10m butterfly. Confident in deep water. Able to swim 100m Front & Back Crawl. Understand & Implement Front Crawl / Back Stroke / Breast Stroke / Butterfly. Understanding & implement all 4 strokes. Know & implement lifesaving kicks. Personal Survival Awards able & confident swimmers. Includes Water Safety, Self-Rescue, Rescue and Emergency Response. Able & Confident swimmers from 8 Years. Understand & implement all 4

ALL PERSONAL TARGETS NEED TO BE ACHIEVED BEFORE MOVING ON TO THE NEXT CLASS. TO GAIN A SPECIFIC AWARD EACH CHILD MUST SWIM A RECOGNISED STROKE FOR THE WHOLE DURATION OF THE DISTANCE.

INSTRUCTORS

All of our swimming instructors are qualified & experienced, whilst every effort is made to maintain the same instructor for the duration of the course, in the case of sickness, a substitute instructor may be used to prevent further disruption and inconvenience.