

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



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.

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

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.