

# Parents Guide to What's on and When



# Swim School Information

Place in the Pool	Class	Start	Finish	Teacher	Price
<b>Monday</b>					
All Pool	Rookie Life-guard	4.00	4.30	David	£61.50
<b>Tuesday</b>					
Shallow	Stage 2	4.00	4.30	Liz	£61.50
	Stage 3	4.30	5.00	Liz	£61.50
Middle	Stage 4	4.30	5.00	Shuna	£61.50
<b>Wednesday</b>					
Shallow	Stage 1	4.30	5.00	Liz	£61.50
	Stage 2	5.00	5.30	Liz	£61.50
	Stage 3	5.30	6.00	Liz	£61.50
Middle	Ducklings 1	4.30	5.00	Chris	£61.50
	Ducklings 2	5.00	5.30	Chris	£61.50
	Ducklings 3	5.30	6.00	Chris	£61.50
	Stage 4	6.00	6.30	Liz	£61.50
Deep	Stage 5	4.30	5.00	Shuna	£61.50
	Stage 6	5.30	6.00	Shuna	£61.50
	Stage 7	6.00	6.30	Shuna	£61.50
<b>Thursday</b>					
Lanes	Stage 8	4.00	5.00	<b>TBC</b>	£75.00
	Stage 9	4.00	5.00	<b>TBC</b>	£75.00
Lanes	Multi - Skills	4.00	4.45	Shuna	£75.00
<b>Saturday</b>					
Shallow	Stage 1	9.00	9.30	Shuna	£61.50
	Stage 2	9.30	10.00	Shuna	£61.50
	Stage 3	10.00	10.30	Shuna	£61.50
	Parent and Child	10.30	11.00	Chris	£61.50
Middle	Ducklings 1	9.00	9.30	<b>TBC</b>	£61.50
	Ducklings 2	9.30	10.00	<b>TBC</b>	£61.50
	Ducklings 3	10.00	10.30	<b>TBC</b>	£61.50
	Stage 4	10.30	11.00	Shuna	£61.50
Deep	Stage 5	9.00	9.30	Chris	£61.50
	Stage 6	9.30	10.00	Chris	£61.50
	Stage 7	10.00	10.30	Chris	£61.50

Fees include a badge and certificate if awarded at the end of the course

Welcome to Monkton Swim School our 'learn to swim' programme. It is run in accordance with the Amateur Swimming Association's (ASA) National Plan for Teaching Swimming (NPTS) for children and adults. The swimmer's 'progression through the program will encourage in the development of a wide range of skills with the opportunity to participate in water polo, synchronised swimming, diving, life saving or progress into competitive swimming. These skills when put together result in a competent, confident and safe swimmer who has the skill base to participate in a wider range of water based sports.

## How the lessons run

All our lessons run over 12 weeks and last for 30 minutes per class. All of our Swimming Teachers are fully qualified and have many years of experience in teaching swimming. All children are assessed on the NPTS criteria and feedback given at the end of the 12 week course.

Below you will find a summary of the different stages of the NPTS.

**DUCKLINGS STAGES** — This class is targeted at children aged 3 and above and aims to teach the basics of movement in the water, and build general water confidence in a safe and supervised environment.

**STAGE 1** – Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use aids, e.g. arm bands, floats etc.

**STAGE 2** – Developing safe entries to the water, including jumping in, basic floating, travel and rotation unaided to regain upright positions. Swimmers may use aids, e.g. arm bands, floats etc.

**STAGE 3** – Developing safe entries including submersion, travel up to 10 metres on the front and back, progress rotation skills and water safety knowledge.

**STAGE 4** – Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, and swimming 10 metres to a given standard as directed by the ASA.

**STAGE 5** – Developing 'watermanship' through sculling and treading water skills, and complete rotation, also performing all strokes to the given standard as directed by the ASA.

**STAGE 6** – Developing effective swimming skills including coordinated breathing; developing the water safety aspects and understanding of preparation for exercise.

**STAGE 7** – Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills accomplished throughout stages 1 – 7.

Once the Swimmer has developed the core range of skills required to be confident, competent and safe in water through Stages 1 – 7, the Swimmer may then have the choice to take part in different aquatic disciplines.

**STAGE 8/9** — These are the first stages of developing competitive swimming skills and includes work on stamina and stroke technique but also looks at starts, turns and finished for racing

**ROOKIE LIFEGUARD** - Rookie Lifeguard is designed for 8-12 yr olds who want to know how to save themselves and other people. The award contains survival, rescue, and sport skills as well as life support and water safety elements in a fun and absorbing way.



**MULTI SKILLS** — This class works all sport specific elements of stages 8 – 10 of the National Plan for Teaching Swimming the class will consist of water polo, synchronised swimming, water safety and diving activities

**PARENT AND CHILD** — These class are aimed at children aged 18 months to 3 years. The parent will be in the water with the children and will take part in fun and games to build water confidence and the basics of movement within the water.

### How to book

It is so easy to book onto Monkton Swim School, all you have to do is fill in the application form, which can be done by either dropping into the Sports Club or call David Westbrook on 01225 833363. Depending on ability we will be able to book your child straight onto our learn to swim programme or we will recommend a free swimming assessment, designed to gauge your child's ability to ensure that we book them onto the right class.

In the event of a cancellation 50% of the fees will be refunded or a credit note will be put towards the next Swim School. Once your child has completed the first two swim lessons no refunds will be available. If you would like to make a cancellation please call 01225 833363.

If Monkton Leisure requires a child to leave for reasons of conduct, the parent/guardian will remain liable for the whole amount of the fee.

### Personal Tuition

If you feel your child would achieve more from individual tuition, we have a number of instructors who are able to provide 1-to-1 and 1-to-2 swimming lessons. These lessons are suited to you and your child requirements and can be used to build water confidence, work on stroke technique or stamina.

1-to-1 lessons — £16.00 per half an hour 1-to-2 lessons — £19.00 per half an hour



## April 2010 Term

### Course start & finish dates

Monday 19th April to 12th July 2010

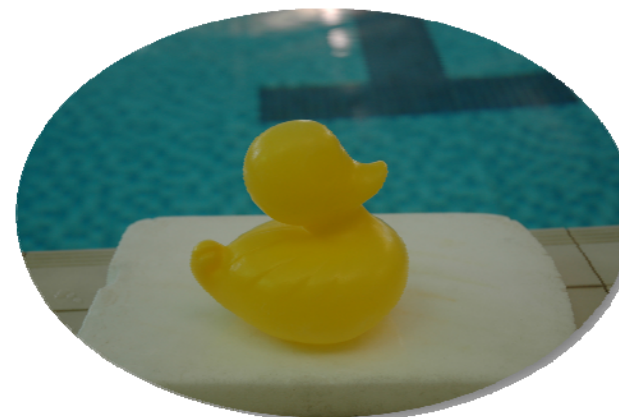
Tuesday 20th April to 13th July 2010

Wednesday 21st April to 14th July 2010

Thursday 22nd April to 15th July 2010

Saturday 24th April to 17th July 2010

*No Swimming Week Beginning 31st May due to Half Term*



**For enquiries and bookings please call  
01225 833363**