

FREE SWIM

Children may enjoy a FREE swim before or after their lesson, subject to pool opening times, providing they are accompanied in the water by a paying adult over 16 years old.

Pre School Swimming Lessons

12/13 week courses, promoting water confidence and developing swimming skills

From only **£4.55** per week

OVER

80

CLASSES A WEEK TO SUIT YOU AND THE KIDS!



Learn to swim with us and you'll have a gift for life!

Enrol Now!

Pre-School Swimming (4 mths – 4 ½ yrs)

PAY AS YOU GO SESSIONS
(Maximum 2 children to 1 adult).

Adult & Baby (age 12 months and under) see page 8 for session times and days.

Adult & Under 4½ yrs – see page 8 for session times & days. (Recommended from 9 months).

COURSES

Have fun and enjoy the water while you build the skills for independent swimming and develop water confidence.

Adult & Baby Course (age 4 to 12 months)

Introduction to swimming (with parent/carer in the water) builds confidence through songs and movement, covers early skills and development.

Adult & Toddler (aged 1 – 2yrs) – Structured lessons to increase water confidence and develop water awareness through play. Helps develop co-ordination, mobility, language and social skills through regular fun approach to swimming.

Adult & Child (aged 2 – 4½ yrs) – A course in the Splash Pool to develop independent swimming skills through structured play, songs and movement in a small group.

Pre-School (aged 3-4½ yrs) These courses are also for Reception Year children and are run without a parent/carer in the water. All floats and swimming aids are provided.

Pre-School 1 - The lesson promotes water confidence, develops swimming skills and will accustom your child to tuition within a group environment. The children will be encouraged to swim on their own with appropriate teaching aids, which will be reduced as they progress and gain confidence.

Pre-School 2 – A progression from pre-school 1, for children who are water confident, can jump in, submerge, blow bubbles and are able to swim on their fronts and backs confidently with reduced aids.

Pre-School 3 - For children who are water confident, can jump in, submerge, blow bubbles and have the ability to swim one width of the Teaching Pool on their front and back without any teaching aids. They will progress through the three main swimming strokes, learning breathing skills and stroke development.

Is your child starting school next term? – Please ask their swimming teacher to recommend their next class level.

As a rule Pre-School 1 & 2 move to Stage 2, Pre-School 3 move to Stage 3 depending on ability.

Course Fees

13 week term **£59.15**
12 week term **£54.60**

No lessons during Half Term:
Sunday 30th May - Saturday 5th June
For booking details please contact Customer Service

Nappy Policy – Remember if you have a child or baby who is not toilet trained, they must wear a swim nappy under their swimming costume/trunks (available from The Shop).

“swimming can be a fun way to keep fit. It's also a great sport for all the family”

SWIMMING LESSONS ENROLMENT PROCEDURE

We have classes for all abilities; follow our guidelines to choose the best one for your child.

Course progression

Towards the end of the course your child will be given details of which class to book for next term. Please speak to your teacher if you do not receive a form.

Priority Enrolment 1 – For swimmers recommended to stay in their current class on the same day and time. **Booking from 8.00am Monday 8th March to 6.00pm Sunday 21st March.**

Priority Enrolment 2 – For swimmers recommended to move up to the next stage and customers wishing to change the day or time of their current class. **Booking from 8.00am Tuesday 23rd to 6.00pm Sunday 28th March.**

General Enrolment – Open to anyone wishing to join the swimming lesson programme. **Booking from Monday 29th March after 8.00am.**

Please contact Customer Service for availability and full details. NB: Course fees must be paid at the time of enrolment.

Customers can book onto lessons after these dates but spaces cannot be guaranteed.

Class Size – The pupil ratio to teacher is: 1:6 teaching pool (except Stage 3, 1:8), 1:8 splash pool, 1:10 main pool.

Lesson Duration – Lessons are 30 minutes in duration, however the teacher will take the class register during this time.

Assistant Teachers – We have an extra teacher with some junior classes, working with the teacher's guidance. This is normally provided in classes where a child has been identified as needing extra support.

Course Cancellation – Courses will be subject to cancellation if there is insufficient enrolment.

Swimming Relocation – If a swimmer is in the wrong ability course then an alternative course will be allocated if available.

Refunds – These will only be considered on production of a valid Doctor's Certificate. Your child will be removed from the course for the rest of the term, in order for the refund to be issued.

Due to sickness or staff training, it may be necessary for your child's teacher to change during the term. We will endeavour to inform you of any changes, but this is not always possible at short notice.



THE BENEFITS OF SWIMMING

- Swimming – a skill for life for everyone.
- A progressive and motivational Learn to Swim Programme that creates good competent swimmers.
- ASA National Swimming Plan, recognised by Ofsted, a model of good practice. A Borough wide scheme incorporating skill achievements and continual assessments from adult and child to pre-competitive swimmers.
- Links to Bournemouth Dolphins Swimming Club fast tracking children keen to swim competitively.
- Delivered by fully qualified teachers, who continue to update their training and knowledge.

Monday 19th April – 19th July (12 Weeks) No lessons 3rd May – Bank Holiday & 31st May – Half Term

Pre-School 1	9.30 - 10.00am	Angela Medley	Pre-School 1	10.30 - 11.00am	Ann McGrath	Pre-School 3	1.30 - 2.00pm	Liz Goodall
Pre-School 1	9.30 - 10.00am	Ann McGrath	Pre-School 2	10.30 - 11.00am	Angela Medley	Pre-School 2	2.00 - 2.30pm	Liz Goodall
Pre-School 2	9.30 - 10.00am	Gaynor Brown	Adult & Child (SP)	11.00 - 11.30am	Angela Medley	Pre-School 1	2.00 - 2.30pm	Dee Seabrook
Adult & Child (SP)	10.00 - 10.30am	Gaynor Brown	Adult & Baby (TP)	11.00 - 11.30am	Gaynor Brown	Pre-School 1	2.30 - 3.00pm	Liz Goodall
Pre-School 1	10.00 - 10.30am	Angela Medley	Pre-School 1	11.00 - 11.30am	Ann McGrath	Pre-School 2	2.30 - 3.00pm	Dee Seabrook
Pre-School 2	10.00 - 10.30am	Ann McGrath	Pre-School 1	1.00 - 1.30pm	Liz Goodall			
Adult & Toddler (SP)	10.30 - 11.00am	Gaynor Brown	Adult & Toddler (SP)	1.30 - 2.00pm	Maggie Greco			

Tuesday 20th April – 20th July (13 Weeks) No lessons 1st June – Half Term

Adult & Toddler	11.00 - 11.30am	Charlotte Roberts	Pre-School 2	1.30 - 2.00pm	Elaine Lewis	Pre-School 2	2.00 - 2.30pm	Elaine Lewis
Pre-School 2	12.30 - 1.00pm	Cathy Naylor	Adult & Child	1.30 - 2.00pm	Cathy Naylor	Pre-School 2 (SP)	2.30 - 3.00pm	Elaine Lewis
Pre-School 1	12.30 - 1.00pm	Elaine Lewis	Pre-School 1	1.30 - 2.00pm	Maggie Greco	Pre-School 1	2.30 - 3.00pm	Cathy Naylor
Adult & Child (SP)	1.00 - 1.30pm	Elaine Lewis	Adult & Toddler (SP)	2.00 - 2.30pm	Cathy Naylor	Pre-School 1	3.00 - 3.30pm	Cathy Naylor
Pre-School 1	1.00 - 1.30pm	Cathy Naylor	Pre-School 1	2.00 - 2.30pm	Maggie Greco			

Wednesday 21st April – 21st July (13 Weeks) No lessons 2nd June – Half Term

Pre-School 1	10.30 - 11.00am	Rachel Matthews	Pre-School 1	1.00 - 1.30pm	Tracy Shipley	Pre-School 1	2.00 - 2.30pm	Tracy Shipley
Pre-School 2	12.30 - 1.00pm	Susan Skinner	Pre-School 1	1.30 - 2.00pm	Susan Skinner	Pre-School 1	2.00 - 2.30pm	Angela Medley
Adult & Toddler (SP)	12.30 - 1.00pm	Tracy Shipley	Pre-School 1	1.30 - 2.00pm	Ann McGrath	Pre-School 2	2.00 - 2.30pm	Ann McGrath
Adult & Child (SP)	1.00 - 1.30pm	Susan Skinner	Pre-School 2	1.30 - 2.00pm	Tracy Shipley	Pre-School 2 (SP)	2.00 - 2.30pm	Susan Skinner
Pre-School 1	1.00 - 1.30pm	Angela Medley	Pre-School 3 (SP)	1.30 - 2.00pm	Angela Medley			

Thursday 22nd April – 22nd July (13 Weeks) No lessons 3rd June – Half Term

Pre-School 1	10.30 - 11.00am	Jo Sands	Pre-School 1	12.30 - 1.00pm	Gaynor Brown	Pre-School 2	1.30 - 2.00pm	Angela Medley
Pre-School 2	11.00 - 11.30am	Jo Sands	Adult & Toddler	1.00 - 1.30pm	Lisa Clark	Pre-School 1	1.30 - 2.00pm	Gaynor Brown
Adult & Toddler	11.00 - 11.30am	Lisa Clark	Pre-School 2	1.00 - 1.30pm	Gaynor Brown	Adult & Child (SP)	2.00 - 2.30pm	Gaynor Brown
Adult & Child (SP)	12.30 - 1.00pm	Angela Medley	Pre-School 1	1.00 - 1.30pm	Angela Medley	Adult & Baby	2.00 - 2.30pm	Lisa Clark
Pre-School 2	12.30 - 1.00pm	Lisa Clark	Pre-School 1	1.30 - 2.00pm	Lisa Clark	Pre-School 3	2.00 - 2.30pm	Angela Medley

Friday 23rd April – 23rd July (13 Weeks) No lessons 4th June – Half Term

Pre-School 1	9.30 - 10.00am	Angela Medley	Pre-School 1	10.30 - 11.00am	Angela Medley	Pre-School 1	1.00 - 1.30pm	Ann McGrath
Pre-School 1	9.30 - 10.00am	Dee Seabrook	Pre-School 3	10.30 - 11.00am	Cathy Naylor	Pre-School 1	1.30 - 2.00pm	Dee Seabrook
Adult & Child (SP)	10.00 - 10.30am	Dee Seabrook	Adult & Child (SP)	11.00 - 11.30am	Cathy Naylor	Pre-School 2	2.00 - 2.30pm	Dee Seabrook
Pre-School 1	10.00 - 10.30am	Cathy Naylor	Pre-School 1	11.00 - 11.30am	Angela Medley	Pre-School 2	3.45 - 4.15pm	Ann McGrath
Pre-School 2	10.00 - 10.30am	Angela Medley	Adult & Toddler	11.00 - 11.30am	Dee Seabrook			
Adult & Toddler (SP)	10.30 - 11.00am	Dee Seabrook	Adult & Baby	11.30 - 12.00noon	Dee Seabrook			

Saturday 24th April – 24th July (13 Weeks) No lessons 5th June – Half Term

Pre-School 1	8.00 - 8.30am	Michelle Moberly	Pre-School 2	8.00 - 8.30am	Lisa Clark	Adult & Baby (SP)	10.00 - 10.30am	Lisa Clark
Pre-School 1	8.00 - 8.30am	Jo Sands						

Sunday 25th April – 25th July (13 Weeks) No lessons 30th May – Half Term

Pre-School 1	8.00 - 8.30am	Katie Laker	Pre-School 1	8.30 - 9.00am	Steph Shane	Adult & Child	10.00 - 10.30am	Katie Laker
Pre-School 2	8.00 - 8.30am	Steph Shane	Pre-School 2	9.00 - 9.30am	Gabriella Kindl	Adult & Child	10.30 - 11.00am	Katie Laker



Bournemouth Swimming Academy

offer swimming lessons at Moordown St. John's Primary School pool

• Adult & Baby • Adult & Toddlers • Adult & Child • Pre School • Stage 2 • Stage 3

Mondays 1.30 - 3.00pm Tuesdays 3.15 - 5.15pm Fridays 9.00 - 12.00noon

Please contact Stokewood Leisure Centre on 01202 437840 for more details.