



Moordown St. John's Primary School

Autumn Term Swimming Lessons

Baby Splash Adult & Baby

(4 - 12 months old)

Introduction to swimming (with the parent/carer in the water), builds confidence through songs and movements. Bookable on school term basis.

Adult & Toddler

(aged 1 - 2 years)

A course to increase water confidence and develop water awareness through play, songs & movement. Introduces the early skills and development in a small group.

Adult & Child

(aged 2 - 4½ years)

A structured course to develop independent swimming skills through structured play in a small group.

Pre-School 1

(ages 3 - to 4½ years & Reception Yr - swim hats required)

This lesson promotes water confidence through structured play and will accustom your child to tuition within a group environment. Children will be encouraged to swim on their own with appropriate teaching aids (Will achieve ASA Awards / Badges as they progress).

Pre-School 2

(ages 3 - to 4½ years & Reception Yr - swim hats required)

A progression from Pre-School 1, increasing water confidence whilst reducing the reliability on teaching aids, children will be aiming to achieve 5m distance on their front and back unaided. (Will achieve ASA Awards / Badges as they progress).

Stage 2 - swim hats required

Incorporates Stage 1, for children who are unable to swim one width on their backs and front without aids. Developing basic safety awareness, movement and water confidence skills. Swimmers may use aids which will be reduced as they progress and gain confidence.

Stage 3 - swim hats required

For children who are able to swim 5m on their front and back unaided. They will develop stroke techniques, safe entries including submersion, progress rotation skills and water safety knowledge.

Monday 6th Sept - 13th Dec (14 weeks)

(No lesson 25th October - half term)

Pre-School 1	1.30 - 2.00pm	Zena Pastecchia
Baby Splash	1.30 - 2.00pm	Annette Roycroft
Adult & Child	2.00 - 2.30pm	Zena & Annette
Baby Splash	2.30 - 3.00pm	Zena Pastecchia
Pre-School 1	2.30 - 3.00pm	Annette Roycroft

Tuesday 7th Sept - 14th Dec (14 weeks)

No lesson 26th Oct - half term)

Pre-School 1	3.15 - 3.45pm	Eve Soffrin
Pre-School 2	3.15 - 3.45pm	Julie Shirley
Stage 2	3.45 - 4.15pm	Eve Soffrin
Stage 2	3.45 - 4.15pm	Julie Shirley
Stage 3	4.15 - 4.45pm	Eve Soffrin
Stage 3	4.15 - 4.45pm	Julie Shirley
Stage 3	4.45 - 5.15pm	Julie & Eve

Friday 10th Sept - 17th Dec (14 weeks)

No lesson 29th Oct - half term)

Pre-School 1	9.00 - 9.30am	Charlotte Roberts
Adult & Child	9.00 - 9.30am	Jeanette Francis
Pre-School 2	9.30 - 10.00am	Charlotte Roberts
Baby Splash	9.30 - 10.00am	Jeanette Francis
Baby Splash	10.00 - 10.30am	Jeanette Francis
Adult & Child	10.00 - 10.30am	Charlotte Roberts
Adult & Toddler	10.30 - 11.00am	Julie & Sally
Adult & Toddler	11.00 - 11.30am	Julie Shirley
Adult & Child	11.00 - 11.30am	Sally Jarvis-Neill
Adult & Child	11.30 - 12 noon	Julie Shirley
Pre-School 1	11.30 - 12 noon	Sally Jarvis-Neill

Course fees

14 week term. £63.70

To enrol, contact
Stokewood Leisure Centre
on (01202) 437840

Lessons also available at
Stokewood Leisure Centre,
Kinson Swimming Pool
& Littledown Centre



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