

School Years Swimming Lessons

Juniors Courses (4+ years)

The junior swim lessons are for children 4 years and over. Our swimming lesson programme runs in stages allowing your child to become competent, confident and safe in the water. At each of the stages, children will be working to achieve the ASA National Plan Awards and progress through onto the next stage.

Stage 2 – Incorporates Stage 1, developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Developing safe entries to the water, including jumping in, basic floating, travel and rotation unaided to regain upright positions. Swimmers may use aids which will be reduced as they progress and gain confidence.

Stage 3 – For children who are able to swim 10m on their front and back unaided. They will develop stroke techniques, safe entries including submersion, progress rotation skills and water safety knowledge.

Stage 4 – For children who are water confident and beginning to show basic stroke understanding. They will develop the understanding of buoyancy through a range of skills, refining kicking technique for all strokes and developing technique and stamina.

Stage 5 – For children who can swim basic front crawl, backstroke and breaststroke. They will be introduced to sculling, treading water and somersaults as well as progressing stroke development.

Stage 6 – For children who can swim one length front crawl, backstroke and breaststroke. They will

develop effective swimming skills including coordinated breathing; developing the water safety aspects and understanding of preparation for exercise. Stroke development continues with stamina being improved.

Stage 7 – For children who have correct stroke technique in front crawl, backstroke and breaststroke. Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop starts and turns. Combines a variety of skills accomplished throughout stages 1 – 7.

Stage 8 – The introduction of competitive swimming techniques and the continuation and development of starts and turns.

Stage 9 – Increased distances to improve stamina and fitness. Swimmers will be taught a variety of different starts.

Swim Fit – For children 9+ years who have completed Stage 8. Focuses on fitness, involves swimming lengths to develop stamina and drills to give stroke correction. Other areas covered include personal survival and challenge swimming awards.

Rookie Lifeguard Bronze – For 25 metre swimmers, the award covers water safety and rescue skills.

Rookie Lifeguard Silver – For 50 metre swimmers, progression from bronze award developing water safety, self-rescue, rescue and emergency response skills.

Swimming Assessments – To ensure new students are placed on the correct course it is recommended that all students are assessed. Assessments are by appointment only arranged with Customer Service. Cost £2.40

General Enrolment – Open to anyone wishing to join the swimming programme. Please contact Customer Service on (01202) 437840

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

Course Progression – Near the end of the course the teacher will advise swimmers/parents which course would be suitable for next term.

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

Refunds – Course refunds will only be considered on production of a valid Doctor's Certificate.

How I Benefit from 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 & 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.

I enjoy swimming as part of a healthy lifestyle



From only
£4.55
per week

Course Fees 14 Weeks £ 63.70.

No lessons during Half Term:

Monday 25th - Sunday 31st October

For booking details please contact Customer Service on (01202) 437840

Monday 6th September – 13th December (14 Weeks) No lessons 25th October - Half Term

Stage 2	3.45 – 4.15 pm	Lauren	Stage 3	4.15 – 4.45 pm	Annette	Stage 6	4.45 – 5.15 pm	Jeanette
Stage 3	3.45 – 4.15 pm	Jeanette	Stage 5	4.15 – 4.45 pm	Lauren	Stage 7	5.15 – 5.45 pm	Lauren
Stage 4	3.45 – 4.15 pm	Annette	Stage 2	4.45 – 5.15 pm	Annette	Stage 8	5.15 – 5.45 pm	Annette
Stage 2	4.15 – 4.45 pm	Jeanette	Stage 3	4.45 – 5.15 pm	Lauren	Stage 9	5.15 – 5.45 pm	Jeanette

Tuesday 7th September – 14th December (14 Weeks) No lessons 26th October - Half Term

Stage 4	3.45 – 4.15 pm	Jeanette	Stage 3	4.15 – 4.45 pm	Lauren	Stage 7	4.45 – 5.15 pm	Jeanette
Stage 2	3.45 – 4.15 pm	Lisa	Stage 5	4.15 – 4.45 pm	Jeanette	Stage 4	5.15 – 5.45 pm	Lisa
Stage 3	3.45 – 4.15 pm	Lauren	Stage 2	4.45 – 5.15 pm	Lauren	Stage 6	5.15 – 5.45 pm	Lauren
Stage 2	4.15 – 4.45 pm	Lisa	Stage 3	4.45 – 5.15 pm	Lisa	Stage 8	5.15 – 5.45 pm	Jeanette

Wednesday 8th September – 15th December (14 Weeks) No lessons 27th October - Half Term

Stage 2	3.45 – 4.15 pm	Jeanette	Stage 4	4.15 – 4.45 pm	Malcolm	Stage 7	4.45 – 5.15 pm	Jeanette
Stage 3	3.45 – 4.15 pm	Lauren	Stage 6	4.15 – 4.45 pm	Lauren	Stage 4	5.15 – 5.45 pm	Malcolm
Stage 5	3.45 – 4.15 pm	Malcolm	Stage 2	4.45 – 5.15 pm	Lauren	Stage 5	5.15 – 5.45 pm	Lauren
Stage 2	4.15 – 4.45 pm	Jeanette	Stage 3	4.45 – 5.15 pm	Malcolm	Stage 8	5.15 – 5.45 pm	Jeanette

Thursday 9th September – 16th December (14 Weeks) No lessons 28th October - Half Term

Stage 2	3.45 – 4.15 pm	Lisa	Stage 4	4.15 – 4.45 pm	Jeanette	Stage 7	4.45 – 5.15 pm	Lisa
Stage 3	3.45 – 4.15 pm	Jeanette	Stage 8	4.15 – 4.45 pm	Steve	Stage 2	5.15 – 5.45 pm	Lisa
Stage 5	3.45 – 4.15 pm	Steve	Stage 4	4.45 – 5.15 pm	Steve	Stage 3	5.15 – 5.45 pm	Steve
Stage 2	4.15 – 4.45 pm	Lisa	Rookies Bronze	4.45 – 5.15 pm	Jeanette	Rookies Silver	5.15 – 5.45 pm	Jeanette

Friday 10th September – 17th December (14 Weeks) No lessons 29th October - Half Term

Stage 2	3.45 – 4.15 pm	Steve	Stage 3	4.15 – 4.45 pm	Sharon	Stage 5	4.45 – 5.15 pm	Jeanette
Stage 2	3.45 – 4.15 pm	Sharon	Stage 6	4.15 – 4.45 pm	Jeanette	Stage 2	5.15 – 5.45 pm	Jeanette
Stage 4	3.45 – 4.15 pm	Jeanette	Stage 2	4.45 – 5.15 pm	Steve	Stage 7	5.15 – 5.45 pm	Sharon
Stage 2	4.15 – 4.45 pm	Steve	Stage 3	4.45 – 5.15 pm	Sharon	Stage 4	5.15 – 5.45 pm	Steve

Saturday 11th September – 18th December (14 Weeks) No lessons 30th October - Half Term

Stage 2	8.30 – 9.00 am	Sharon	Stage 2	9.00 – 9.30 am	Steve	Stage 8	9.30 – 10.00 am	Sharon
Stage 3	8.30 – 9.00 am	Steve	Stage 3	9.00 – 9.30 am	Jeanette	Junior Swim Fit	9.30 – 10.30 am	Jeanette/Steve
Stage 5	8.30 – 9.00 am	Jeanette	Stage 7	9.00 – 9.30 am	Sharon			

