

## 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

## 14 week courses, promoting water confidence and developing swimming skills

OVER

80

CLASSES A WEEK TO SUIT YOU AND THE KIDS!

## Enrol Now!

Bournemouth Swimming Academy

### 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 and group activities, while you build the skills for independent swimming and develop water confidence. All floats and swimming aids are provided.

\*The following courses require a parent/carer in the water.

#### \*Adult & Baby Course (age 4 to 12 months)

Structured course that develops water confidence for parent and baby through progressive practices. Covers early skills through songs and movement.

\***Adult & Toddler (aged 1-2 yrs)** – Structured course 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 2-4 yrs)** – Structured course in the Splash Pool to develop independent swimming skills through play, songs and movement in a small group.

#### \*Pre-School 1 with parent/carer in the water (age 2½-4½)

Covers pre school 1 criteria with parent/carer accompanying child in the water. When they have reached 3 years of age they can go into pre-school 1 or 2 without accompanying adult.

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

**Pre-School 1** – Course promotes water confidence and develops swimming skills. The children will be encouraged to swim on their own with appropriate teaching aids, which will be reduced as they progress.

**Pre-School 2** – A progression from pre-school 1, for children who are water confident, can jump in, submerge 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 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

12 Week term £59.40

13 Week term £64.35

No lessons during Half Term:

Monday 13th - Sunday 19th February

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 21st November to 6.00pm Sunday 4th December.**

**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 6th December to 6.00pm Sunday 11th December.**

**General Enrolment** – Open to anyone wishing to join the swimming lesson programme.

**Booking from Monday 12th December 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 teacher to pupil ratio 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.



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

#### Monday 9th January – 26th March (12 Weeks) No lessons 13th February – Half Term

Pre-School 1	9.30 - 10.00am	Angela Medley	Adult & Child (SP)	11.00 - 11.30am	Angela Medley	Pre-School 1	1.30 - 2.00pm	Liz Goodall
Pre-School 1	9.30 - 10.00am	Annette Roycroft	Adult & Baby (TP)	11.00 - 11.30am	Gaynor Brown	Pre-School 1	1.30 - 2.00pm	Jo Sands
Pre-School 2	9.30 - 10.00am	Gaynor Brown	Pre-School 1	11.00 - 11.30am	Annette Roycroft	Pre-School 2	2.00 - 2.30pm	Liz Goodall
Adult & Child (SP)	10.00 - 10.30am	Gaynor Brown	Adult & Child (SP)	11.30 - 12.00pm	Annette Roycroft	Pre-School 1	2.00 - 2.30pm	Jo Sands
Pre-School 1	10.00 - 10.30am	Angela Medley	Pre-School 1 (with adult)	11.30 - 12.00pm	Gaynor Brown	Pre-School 1	2.30 - 3.00pm	Liz Goodall
Pre-School 2	10.00 - 10.30am	Annette Roycroft	Pre School 3	1.00 - 1.30pm	Liz Goodall	Pre-School 2	2.30 - 3.00pm	Jo Sands
Adult & Toddler (SP)	10.30 - 11.00am	Gaynor Brown	Pre-School 2	1.00 - 1.30pm	Jo Sands	Adult & Baby	3.15 - 3.45pm	Sharon Mayall
Pre-School 1	10.30 - 11.00am	Annette Roycroft	Adult & Toddler (SP)	1.30 - 2.00pm	Maggie Greco			

#### Tuesday 3rd January – 27th March (13 Weeks) No lessons 14th February – Half Term

Pre-School 2	10.30 - 11.00am	Julie Shirley	Adult & Child (SP)	1.00 - 1.30pm	Elaine Lewis	Pre-School 1	2.00 - 2.30pm	Maggie Greco
Pre-School 1	11.00 - 11.30am	Julie Shirley	Pre-School 1	1.00 - 1.30pm	Cathy Naylor	Pre-School 2	2.00 - 2.30pm	Elaine Lewis
Adult & Toddler	11.00 - 11.30am	Sharon Mayall	Pre-School 2 (SP)	1.30 - 2.00pm	Elaine Lewis	Pre-School 2 (SP)	2.30 - 3.00pm	Elaine Lewis
Pre-School 2	11.30 - 12.00pm	Julie Shirley	Pre-School 1	1.30 - 2.00pm	Cathy Naylor	Pre-School 1	2.30 - 3.00pm	Cathy Naylor
Pre-School 2	12.30 - 1.00pm	Cathy Naylor	Pre-School 1	1.30 - 2.00pm	Maggie Greco			
Pre-School 1	12.30 - 1.00pm	Elaine Lewis	Pre-School 1 (with adult)	2.00 - 2.30pm	Cathy Naylor			

#### Wednesday 4th January – 28th March (13 Weeks) No lessons 15th February – Half Term

Pre-School 1	10.30 - 11.00am	Rachel Matthews	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	Annette Roycroft	Pre-School 1	1.30 - 2.00pm	Ann McGrath	Pre-School 2 (SP)	2.00 - 2.30pm	Susan Skinner
Adult & Child (SP)	1.00 - 1.30pm	Susan Skinner	Pre-School 2	1.30 - 2.00pm	Annette Roycroft	Adult & Toddler	2.30 - 3.00pm	Annette Roycroft
Pre-School 1	1.00 - 1.30pm	Angela Medley	Pre-School 3 (SP)	1.30 - 2.00pm	Angela Medley			
Pre-School 1	1.00 - 1.30pm	Annette Roycroft	Pre-School 1 (with adult)	2.00 - 2.30pm	Annette Roycroft			

#### Thursday 5th January – 29th March (13 Weeks) No lessons 16th February – Half Term

Pre-School 1	10.30 - 11.00am	Jo Sands	Pre-School 1	1.30 - 2.00pm	Sharon Mayall
Pre-School 2	11.00 - 11.30am	Jo Sands	Pre-School 1	1.30 - 2.00pm	Gaynor Brown
Adult & Toddler	11.00 - 11.30am	Annette Roycroft	Adult & Child (SP)	2.00 - 2.30pm	Gaynor Brown
Pre-School 1	12.30 - 1.00pm	Gaynor Brown	Pre-School 2	2.00 - 2.30pm	Sharon Mayall
Adult & Child (SP)	1.00 - 1.30pm	Gaynor Brown	Adult & Toddler (SP)	2.30 - 3.00pm	Sharon Mayall
Pre-School 1 (with adult)	1.00 - 1.30pm	Sharon Mayall			

#### Friday 6th January – 30th March (13 Weeks) No lessons 17th February – Half Term

Pre-School 1	9.30 - 10.00am	Angela Medley	Pre-School 1	10.30 - 11.00am	Angela Medley	Pre-School 1 (with adult)	1.00 - 1.30pm	Angela Medley
Pre-School 1	9.30 - 10.00am	Gaynor Brown	Pre-School 3	11.00 - 11.30am	Cathy Naylor	Pre-School 1	1.30 - 2.00pm	Angela Medley
Adult & Child (SP)	10.00 - 10.30am	Gaynor Brown	Pre-School 1	11.00 - 11.30am	Angela Medley	Pre-School 1	2.30 - 3.00pm	Sally St. Clair
Pre-School 1 (with adult)	10.00 - 10.30am	Cathy Naylor	Adult & Toddler (SP)	11.00 - 11.30am	Gaynor Brown	Pre-School 2	3.45 - 4.15pm	Ann McGrath
Pre-School 2	10.00 - 10.30am	Angela Medley	Pre-School 2	11.30 - 12.00pm	Gaynor Brown			
Adult & Toddler (SP)	10.30 - 11.00am	Gaynor Brown	Pre-School 1	1.00 - 1.30pm	Sally St. Clair			

#### Saturday 7th January – 31st March (13 Weeks) No lessons 18th February – Half Term

Pre-School 1	8.00 - 8.30am	Michelle Moberly	Pre-School 2 (SP)	8.00 - 8.30am	Ruth Evans	Adult & Child (SP)	10.30 - 11.00am	Liz Goodall
Pre-School 1	8.00 - 8.30am	TBA	Adult & Toddler (SP)	10.00 - 10.30am	TBA			

#### Sunday 8th January – 1st April (13 Weeks) No lessons 19th February – Half Term

Pre-School 1	8.00 - 8.30am	TBA	Pre-School 1	8.30 - 9.00am	Chelsea Bailey
Pre-School 2	8.00 - 8.30am	Gabriella Kindl	Pre-School 2	9.00 - 9.30am	Gabriella Kindl

Bournemouth Swimming Academy also offer swimming lessons at Pelhams Park Leisure Centre (01202 437801) and Stokewood Leisure Centre (01202 437840).

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