

# Junior Swimming Lessons



At the Swimming Academy we aim to provide swimmers with a high level of water confidence, swimming techniques and general water skills. All lessons are designed to mix education and safety with the fun side of swimming.

## WHAT WE OFFER:

- High quality teaching from fully qualified, CRB checked staff
- Lessons 50 weeks of the year
- FREE swimming in open sessions whilst you are enrolled in the Swimming Academy (subject to availability)
- An ability to join at any time
- Easy start up and enrolment process
- Continuous assessment and movement to next stage
- Check your swimming lesson progress online and move up to the next level when prompted by the Bournemouth Swimming Academy Team.

Visit [www.checkmyprogress.co.uk](http://www.checkmyprogress.co.uk)



**Easy Payment Scheme**  
Direct Debit payment of £21 a month includes FREE swimming in public sessions

The Junior 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.

The following courses are for children aged 4 and above.

- Stage 2** For school aged children unable to swim on both their fronts and backs without aids
- Stage 3** For children who can swim 10 metres on their front and back and are water confident
- Stage 4** For children who can swim 15 metres showing basic skills in front crawl, backstroke and breaststroke
- Stage 5** For children who can swim 20 metres basic front crawl, backstroke and breaststroke
- Stage 6** For children who can swim one length in front crawl, backstroke and breaststroke and basic skills in butterfly
- Stage 7** For children who can swim 2 lengths showing good technique in front crawl, backstroke and breaststroke and basic skills in butterfly
- Stage 8** For children who can swim 4 lengths in all three strokes and show good technique in butterfly
- Stage 9** For children who can swim 8 lengths in all three strokes confidently and consistently
- Rookies** For 50 metre swimmers, the award covers water safety and rescuer skills
- Intro Swim Fit** For children who have completed Stage 7 and who wish to build stamina (stroke correction included)
- Swim Fit** For children who are aged 9+yrs and have completed stage 8 of the new National Teaching Plan Awards or Level 10 of the previous National Swim Awards



**Private Swimming Lessons**  
One pupil to one teacher  
£18.25 for 30mins  
Two pupils to one teacher  
£26.75 for 30 mins  
Book and pay for a block of 5 private lessons in advance and get the sixth lesson FREE

Please contact Customer Services for details

## Monday

Stage 2	3.45 – 4.15 pm	Liz	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	Liz	Stage 7	5.15 – 5.45 pm	Liz
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	Liz	Stage 9	5.15 – 5.45 pm	Jeanette

## Tuesday

Stage 2	3.45 – 4.15 pm	Lisa	Stage 3	4.15 – 4.45 pm	Sadie	Rookies	4.45 – 5.15 pm	Jeanette
Stage 3	3.45 – 4.15 pm	Sadie	Stage 5	4.15 – 4.45 pm	Jeanette	Stage 4	5.15 – 5.45 pm	Lisa
Stage 4	3.45 – 4.15 pm	Jeanette	Stage 2	4.45 – 5.15 pm	Sadie	Stage 6	5.15 – 5.45 pm	Sadie
Stage 2	4.15 – 4.45 pm	Lisa	Stage 3	4.45 – 5.15 pm	Lisa	Stage 3	5.15 – 5.45 pm	Jeanette

## Wednesday

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	Tara	Stage 6	4.15 – 4.45 pm	Tara	Stage 2	5.15 – 5.45 pm	Malcolm
Stage 5	3.45 – 4.15 pm	Malcolm	Stage 2	4.45 – 5.15 pm	Tara	Stage 3	5.15 – 5.45 pm	Tara
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

Stage 2	3.45 – 4.15 pm	Lisa	Stage 4	4.15 – 4.45 pm	Jeanette	Stage 2	4.45 – 5.15 pm	Jeanette
Stage 3	3.45 – 4.15 pm	Jeanette	Stage 6	4.15 – 4.45 pm	Sally	Stage 2	5.15 – 5.45 pm	Lisa
Stage 5	3.45 – 4.15 pm	Sally	Stage 4	4.45 – 5.15 pm	Sally	Stage 3	5.15 – 5.45 pm	Sally
Stage 2	4.15 – 4.45 pm	Lisa	Stage 3	4.45 – 5.15 pm	Lisa	Stage 4	5.15 – 5.45 pm	Jeanette

## Friday

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

## Saturday

Stage 2	9.30 – 10.00 am	Annie	Stage 2	10.00 – 10.30 am	Sarah	Stage 8	10.30 – 11.00 am	Annie
Stage 3	9.30 – 10.00 am	Sarah	Stage 3	10.00 – 10.30 am	Jeanette	Junior Swim Fit	10.30 – 11.30 am	Jeanette/Sarah
Stage 5	9.30 – 10.00 am	Jeanette	Stage 7	10.00 – 10.30 am	Annie	Stage 2	11.00 – 11.30 am	Annie

The Swimming Academy timetable is subject to change, please check [www.stokewoodleisurecentre.co.uk](http://www.stokewoodleisurecentre.co.uk) for the latest version