



# Welcome to the Swimming Academy

## Joining Pack contains:

- ZOGGS** Swimming Hat •
- ZOGGS** Drawstring Bag •
- Membership card •
- £10.00 of discount vouchers •

## Arena Leisure Centre

Grand Avenue, Camberley

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[www.arenaleisurecentre.co.uk](http://www.arenaleisurecentre.co.uk)



Managed by D C Leisure on behalf of Surrey Heath Borough Council

# Welcome to the Swimming Academy



Thank you for deciding to learn to swim with the Swimming Academy.

Learning to swim is a great experience for everyone and through increased knowledge you or your children will not only learn a life saving skill but also be able to enjoy an activity throughout childhood and into adult life that will be invaluable in maintaining a healthy lifestyle.

The Swimming Academy is based on the Amateur Swimming Association (ASA) National Plan for Teaching Swimming (NPTS) which has been recently revised and updated, underpinned by Long Term Athlete Development principles with a clear progression between each stage and is focused on four key areas:

- Skill Development
- Stroke Development
- Understanding and awareness
- Repetition and reinforcement

All Swimming Academy teachers are ASA qualified. For further details please refer to the enclosed ASA Parents Guide.

The Academy also provides links to Clubs and Development Classes enabling children to further their aquatic careers and take part in training programmes in their chosen aquatic activity.

## The Actual Lesson

### Before

Ideally your child shouldn't have eaten in the last half hour before the lesson. If you are collecting your child from school and they require a snack before the lesson may we suggest a banana or plain biscuit.

### What to bring

Children should wear suitable swimwear, which should not be restrictive. We recommend for girls a one-piece costume and for boys fitted trunks. For those children who usually wear nappies we recommend the use of waterproof swim nappies during swimming lessons, these are available for purchase from reception. We provide all other equipment. Jewellery and watches must be removed for safety reasons. Please ensure swimming hats are worn at all times.

### On arrival

Please arrive in good time for your lesson (i.e. 10 minutes before the lesson starts). Clothing must not be left in the changing rooms but in the lockers provided.

### Entry to the pool

Please ensure your child has visited the toilet prior to entry to the pool and proceeds to the designated waiting area at the appropriate time.

Please deliver your child at the beginning of their lesson to their teacher, who will then take the register, and take a seat in the appropriate viewing area during the lesson. Please note, if a child is under eight years old then their parent or a responsible person over the age of 18 must supervise them before and after the lesson whilst in the centre.



### During lesson

Parents / Guardians are requested to remain in the centre at all times whilst the swimming lesson is being delivered. Please ensure young children who are not participating are kept a safe distance away from the pool and under your constant supervision.

### Non-stop progression

Your child will be continually assessed each week within the programme. When your child has completed the set criteria progression to the next class can be made. The Site Swimming Co-ordinator will organise this process, endeavouring to keep your child's lesson on the same day.

### End of lesson

Please wait at the designated location to collect your child from their teacher after the lesson has finished.

### Emergency

If an alarm should sound during the lessons, please remain calm as our staff are trained to deal with such emergencies. The teachers will ensure the safety of the children in their class and will carry out the appropriate evacuation. In the event of a fire alarm all spectators will need to evacuate by the nearest fire exit and you will be reunited with your child at the fire assembly point.

### Under 8's and babies and use of swimming pools

DC Leisure:

- encourage all children to enjoy swimming. Our standard is for every child under the age of 8 years to be supervised by a parent or adult (aged 18 years or over). The ratio of adults to children is 1:3
- follows the current recommendations of the Amateur Swimming Association that babies should have completed their initial immunisation programme and should be approximately 4-6 months of age. **All babies** must wear suitable aqua nappies which can be purchased from reception.

### Safety of children

The safety of your child is important to us. Please refer to our Child Protection Policy leaflet which is available from reception.

## Amateur Swimming Association Swimtastic Award Winners

for recognition of outstanding commitment to  
Swimming Teaching for the fourth year running.

# Adult Swimming

## Benefits

Did you know that swimming is one of the best and healthiest forms of exercise that you can do? Enjoy the sense of freedom that no other environment provides:

- As an individual
- With a friend
- With your family
- In an Aquacise class (suitable for all abilities)

## Lose Weight

- Swimming is primarily an aerobic activity and therefore uses up lots of calories, a moderate swim can burn around 600 calories an hour in the pool.
- Even a leisurely paddle up and down has excellent calorie burning potential because you have to keep moving in the water, because, if you stop you will sink!
- A 20 minute work out in the pool can be just as beneficial as 20 minutes in the gym because you will be exercising the entire time.

## Good Health

- Swimming helps you improve your health by helping to tone your whole body without putting lots of pressure on your joints.
- It's also a great stress reliever and your daily stresses and tensions can be left behind.

## Better Muscle Tone

- If you stick to a regular and structured swimming training programme, over a period of six weeks, you will feel noticeably more toned.
- Combine your swimming with a simple gym programme and a sensible eating plan and you could be the fittest you've been in years!

Aside from these hardly any equipment is needed, just a costume and some goggles which can be purchased from our Zoggs shop in reception.

## Adult Lessons

If you would like to learn to swim or to improve your technique on a particular stroke then you might want to consider joining our adult swimming lesson scheme. Lessons are run throughout the week. For further details please contact reception.

## Individual Swimming Lessons

If you or your child would like further tuition we can offer you individual lessons that can be tailored to your exact requirements. These lessons are generally run during public swimming sessions and can be for 1 or 2 participants of similar levels of ability. For further details on availability and prices please contact reception.

# For you to enjoy!

## FREE HOT DRINK

Relax with a regular tea or coffee in the Arena cafe

Valid until 2012

## FREE DROP IN SESSION

Valid for Katapilla Kraft's, Creepy Crawlies & roller-skating. Valid until 2012

Valid until 2012

## 3 DAY MEMBERSHIP PASS

Benefit from use of the gym, swimming, workout classes, health suite & more

Valid until 2012

## 10% ARENA SHOP DISCOUNT

Enjoy discount on fitness & swimwear, goggles & swimming accessories

Valid until 2012

# For you to enjoy!

Offer only valid for one regular hot drink. Voucher must be produced at time of purchase. Voucher cannot be used as part of another offer. Only one voucher can be used per customer.

Offer only valid for SK8 Jam supervised & free skate sessions. Not valid for SK8 Jam Coaching. Voucher must be produced at time of purchase. Voucher cannot be used as part of another offer. Only one voucher can be used per customer.

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Now that your child is enjoying the benefits of the Swimming Academy, why not try one of our seven day passes\*.



The pass offers use of the gym, classes and swimming\*.

Contact reception for more details.



\*Terms and Conditions Apply

