

Swimming Lessons Information Guide



At Latchmere Leisure Centre's Swimming Academy we offer the following lessons:

- Groups Lessons for Children (Parent & Toddler 4 months-3 years old, children 4 years old +)
- Group Lessons for Adult Beginner, Improver and Advance swimmers
- Private swimming lessons for Children aged 3 years old + and Adults

STAGES of GROUP SWIMMING LESSONS:

STAGE/ GROUP	AGE/ ABILITY CRITERIA	Max Num	LOCATION
DUCKLINGS	Parents in the water with their children aged between 4 – 24 months old	12	T/P
GOLDFISH	Parents in the water with their children aged between 2 – 3 years old	12	T/P
STARFISH	Water confident Toddlers over 3 able to participate without parents	6	T/P
RECEPTION	children 4 or over, without previous swimming lesson experience	6	T/P
STAGE 1	water confident, able to keep their face in the water & kick with aids	7	T/P
STAGE 2	Able to perform 5m Front Crawl & Back Stroke kicks with 1 float	8	T/P
STAGE 3	Able to swim 7m Front Crawl & Back Stroke without floating aids	8	T/P
STAGE 4	Able to breath to the side swimming F/C, perform correct Breaststroke kicks	8	M/P
STAGE 5	Confident in Deep Water, able to swim 15m F/C, B/S,perform Butterfly kicks	9	M/P
STAGE 6	Able to swim 33m F/c & B/s, 15m Breastroke & Basic Butterfly	9	M/P
STAGE 7	Has regular F/C breathing, correct Breaststroke timing, effective B/S kicks	10	M/P
STAGE 8	Can swim 25 m butterfly, B/s & BR 50m F/C perform racing dive	10	M/P
STAGE 9	Can swim 50m Butterfly, B/S & BR., 100m F/C, perform correct Turns	10	M/P
STAGE 10	Able to swim 800m continuously, to perform 4x100m Turn around Time Sets	10	M/P
ADULT BEGINNER	Nervous in the water or unable to swim 10m F/C and B/S	8	T/P
ADULT IMPROVER	Able to swim 10m F/C & B/S, can't breath F/C & swim Breaststroke	8	T/P
ADULT ADVANCED	For stroke correction and technique improvement	6	M/P

TERM	DURATION	BOOKING PERIOD
SPRING TERM 2011	3 JANUARY – 17 APRIL	PRIVATE LESSONS: From 20 December 2010
SUMMER TERM 2011	18 APRIL – 31 AUGUST	PRIVATE LESSONS: 28 MARH-2 APRIL
AUTUMN TERM 2011	5 SEPTEMBER – 18 DECEMBER	PRIVATE LESSONS: 4-9 JULY

TIMETABLES:

DUCKLING	GOLDFISH	STARFISH	RECEPTION
Mon 11.00 Thurs 11.30	Mon 12.30 Thurs 12.00	Wed 11.30 Wed 12.00	Mon - Friday 16.00 Sat 9.00

STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
Mon - Fri 16.30 Saturday 9.30	Mon - Fri 17.00 Sat 10.00	Mon - Fri 17.30 Satur 10.30	Mon - Fri 16.00 Saturday 10.30	Mon, Th. & Fr. 16.30 Saturday 11.00	Mon 17.00 Wed 16.30

ADULT BEGINNER	ADULT IMPROVER	ADULT ADVANCED
Mon 10.30 Tues 18.30	Tues 19.00	Tues 19.30

Please Note: Group lesson timetable may vary according to Program Change.

PRICELIST:

GROUP LESSONS DIRECT DEBIT	PRIVATE LESSON 1:1	PRIVATE LESSON 1:2	PRIVATE LESSON 1:3
£31.00 per month	£21.00 per lesson	£31.50 per lesson	£37.80per lesson

LESSON INFORMATION

- All lessons run for 30 minutes including registration and collection.
- Children must be supervised unless in a class taken by our staff and collected promptly after every lesson.
- Parents & Guardians are not allowed on the Main Poolside during the lessons. Please do not try to communicate with your child during the lessons and keep swimmers' siblings under control in order to maintain learning environment.
- Please do not allow your child to eat at least 30 minutes before their session. If children have long hair, it must be tied back or a swimming hat worn.
- If the day of your child's lesson is not convenient for you, we may be able to change it if a space is available within other groups. But we can not arrange "Make up" lessons if your child was unable to attend some lessons.

BOOKING INFORMATION

- All classes must be paid in full when booking. We reserve the right to cancel all unpaid private lesson reservations.
- Customers can enroll to Parent & Toddler, Reception and Adult Beginner course directly through Front Desk without Assessment. In order to enroll to Stage 1-6 groups, children need to attend Assessment, and after the Test they can enroll to those groups presenting their assessment slips to the Reception.
- If a lesson was cancelled by us (ex. teacher's illness or Pool closure), a credit will be issued for the cost of that lesson.
- We regret that refunds cannot be made for any lessons missed by children through no fault of our own. In exceptional circumstances when a child is seriously ill or injured and medical evidence is provided, we may make some credit towards the next sessions to be booked in the future. No other refunds or credits are made. For a Refund, please make your request in writing, explaining the reason for the refund & providing the medical evidence.
- For cancellation of your direct debit account, we need 1 month advance notice in writing before the 15th of the month, in order to stop your DD payments for the following month. Customers also need to contact their banks to cancel the DD payments with LLC.
- Please address cancellation/refund requests to Robert Thorpe or email swimacademy@latchmereleisurecentre.co.uk.
- PLEASE NOTE: If the correct procedures are not followed, we do not take responsibility for the overpayment for cancelled lessons and no refunds can be given.