



Our swimming courses form part of our Physical Activity Strategy by offering a continually improving range of activities relevant and realistic to the needs of the community.

Our Sports Development Policy goes on to ensure that everyone has equal access to affordable, high quality sports activities and enables the continuation of opportunities for children / young people to stay in sport long term.

Joining our Swimming Academy Programme will help you:

- Learn to swim
- Improve your strokes
- Build your confidence in the water
- Get fit
- To spread the costs of your lessons with our easy Direct Debit payment scheme
- Progress at your own pace
- Meet new people
- Have lots of fun



		Current 2009 Timetable					
		4.00	4.30	5.00	5.30	6.00	6.30
Mon	Tracey		Level 1	Level 3	Level 4	Level 10	
	Julia	Level 2	Level 5	Level 6	Level 7		Level 8
Weds	Nicola	Ducklings	Level 2	Level 4			
	Roy	Level 1	Level 3	Level 5	Level 6	Level 9	
	Claire					Intro To Synchro	
Thu	Julia	Ducklings	Level 4	Level 5	Level 7		Level 8
	Rachel					Rookie Lifesaving	
Fri	Kerri	Level 2	Level 5	Level 6	Level 4	Level 7 & 8	
	Rachael	Duckling	Level 1	Level 3			
		8.00	8.30	9.00	9.30	10.00	10.30
Sat	Karen	Level 2	Ducklings	Level 3	Level 5		
	Kerri	Cygnets	Level 1	Level 4	Level 4		
	Roy	Level 8	Level 7	Level 6	Level 6	Level 9	

Please note:
Please ensure your child does not enter the poolside more than 5 minutes prior to the start of their lesson.

Swimming Academy Information 2009

Pyramids Swimming And Leisure Centre
Heavitree Road, Exeter
01392 253553
natalieturner@dcleisure.co.uk



swimming
academy

For booking information and details of current classes please contact Reception

FIA Operator Of The Year 08/09



Exeter City Council



... At Pyramids Swimming And Leisure Centre

Our Swimming Academy courses offer a full programme of structured lessons tailored specifically to your age and ability in a fun and safe environment, following nationally recognised award schemes.

Not only can we offer your children swimming instruction to enable them to swim strongly, confidently and safely, we can also provide further development to become competitive swimmers, swimming coaches or lifeguards depending on their goals. This forms part of our Sports Development Policy

The following information below outlines the ability requirements and aims for each level.

Duckling



Aim: Water confidence, to be able to move through water with or without aids, submerging and jumping
Awards: Duckling 1 to 4.



Level 1

Aim: Basic movement skills, floating, submerging and jumping. Swim 10m front and back.
Awards: Puffin, 5m and 10m

Level 2



Aim: Improve confidence, learn basic movement skills: floating, submerging, and jumping.
Awards: Puffin 5m, Water Skills 1, 5m or 10m National Swim 1.



Level 3

Aim: To swim basic elements of the 3 main strokes, to swim with dolphin leg kick and be self reliant in deep water
Awards: 15m, 20m, 25m, National Swim 2, Water Skills 2.

Level 4



Aim: Develop breathing techniques and efficient leg actions, and skills needed for diving.
Awards: 50m, National Swim 3 and 4, National Curriculum Water Skills Advanced.



Level 5

Aim: To install sound techniques in the 3 main strokes, to swim with dolphin leg kick and be self reliant in deep water.
Awards: 100m, Water Skills 3, Preliminary Safety Award, National Swim 5.



Level 6

Aim: Swim basic butterfly, basic survival skills, diving, increase stamina and basic turns.
Awards: Introduce Diving Skills Level 1, Swim Challenge 1, Water Skills 4, National Swim 6.

Level 7



Aim: Swim 4 strokes efficiently over greater distances. Starts and turns for all competitive strokes.
Award: National Swim 7, Personal Survival 1, Water Skills 5, Bronze Challenge 2, Level 2, Poolside Diving Grade 1.



Level 8

Aim: Develop effective techniques for all 4 strokes over greater distances and perform starts and turns. Consolidate skills for water polo, synchronised swimming and survival swimming.
Awards: National Swim 8 and 9, Silver Challenge, Water Skills 6, Bronze And Silver Skills Challenge, Personal Survival 2, Poolside Diving Grade 2, Water Rescue Award.

Level 9



Aim: Develop effective technique in all 4 strokes and develop speed and stamina. Gain the skills required for competitive swimming.
Awards: National Swim 10 and 11, Gold Swim Challenge, School Speed Award.