

Swimming Lessons



The Swimming Academy Lesson Scheme offers a variety of lessons for all ages and abilities and we are proud of our reputation for providing quality swimming lessons.

We follow the Amateur Swimming Association National Development Plan, and children will progress through levels 1 through to 10.

Lessons are 20-30 minutes duration for children; we also offer Adult swimming lessons 30 minutes duration on Thursday morning 10-11.30am, and teach individual 1 to 1 swimming lessons.

Stage 1

Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use aids, e.g. arm bands, floats, etc.

Stage 2

Developing safe entries into the water including jumping in, basic floating, and swimming on your front and back up to a distance of 5 metres. Swimmers may use aids, e.g. arm bands, floats, etc.

Stage 3

Developing further safe including submersion, and swimming up to 10 metres on your front and back. Further development on rotation skills and water safety knowledge is also included. At this stage, the Swimmer will be assessed without the use of aids or support.

Stage 4

Developing your knowledge of buoyancy, through a range of skills, and refining your kicking technique for all strokes.

Stage 5

Developing your 'watermanship' through techniques of sculling and treading water. At this stage, the swimmer will be expected to swim a distance of 10 metres using a variety of swimming strokes and techniques.

Stage 6

Developing effective swimming skills including coordinated breathing across all strokes, plus swimming a distance of 25 metres using a stroke of the Swimmers choice.

Stage 7

Developing stroke technique up to a distance of 100 metres, and incorporating existing skills learnt. You will also be expected to successfully complete an obstacle course that combines a variety of skills accomplished throughout stages 1- 7.

Stage 8

Personal Survival awards level 1 & 2

Stage 9

Bronze Survival award

Stage 10

Silver, Gold and Honours Survival awards

To book Swimming Lessons or for more information, please contact our Swimming Coordinator Gemma Brown on 01483 417282 or e-mail: gemmaabrown@dcleisure.co.uk

Swimming Information

The Swimming Academy Lesson scheme includes:

- Direct Debit Membership option - includes unlimited free swimming during public times
- 50 weeks per year instruction

Adults

A wide range of beginner, improver and advanced classes are available. Classes take place on a Thursday morning between 10-11.30am.

Lane Swimming

Lanes are available at certain times during the day. Some lanes may be in use for swimming lessons or school usage. We do not operate a maximum time in our pools but subject to bathing loads we may have to restrict entry at busy times.

Parent & Toddler Sessions

Introduce your child to the joys of swimming. For under 5's accompanied by a parent or carer. This is a confidence session with toys and floats on Monday between 10-11am.

Aqua Fit Sessions

Feel the freedom of exercising in the water with less stress on joints. Builds stamina, mobility and strength. Tuesday evening 7.50-8.35pm.

Swim Memberships available - contact a Customer Advisor today!

Pool Regulations

Children under 8 must be supervised by a parent or adult (18 years or over) throughout their use of the pool facilities. A maximum ratio of 2 children to 1 adult is permitted.

Those supervising must accompany the children in the water

Free Swimming ends as of July 31st 2010

Free swimming is no longer available due to recent changes made by the coalition government. Offers are available on swim memberships. Please ask for more details.

