

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 25-45 minutes duration for children; we also offer Adult swimming lessons 25-45 minutes duration 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.

Stages 8 – 10

Once the Swimmer has developed the core range of skills required to be confident, competent and safe in the water through stages 1 – 7, the Swimmer may then have the choice to take part in different aquatic disciplines:

- Flip n Fun – Diving*
- AquaFun – Synchronised Swimming*
- Mini-Polo – Water Polo*
- Competitive Swimming
- Rookie Lifeguarding

(* Currently not offered, please ask us for more details.)

To book Swimming Lessons or for more information, please contact Melinda Henden our Swimming Coordinator on 01483 542307 or melindahenden@dclisure.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 beginners, improvers and advanced courses are offered. Classes take place during the daytime and evenings – dependent on swim timetable.

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

This is an introduction to water skills for parents and toddlers together, and is available to those who are aged between 4 months and 3 years. Babies must be mobile to take full advantage of this class.

Please contact Reception to check the availability of specific sessions.

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.

