



Swimming Courses

2009 Programme

Arena Leisure Centre
Swimming Course Office
01276 417119

Learner Pool Courses

Baby Duckling 1 (4-18mths)

Developing water confidence using floats, toys and singing with actions.

Duckling 1&2 (18mths plus)

Developing water confidence, moving side to side on front & back with aids and singing with actions.

Duckling 2&3 (18mths plus)

Developing water confidence, moving side to side on front & back with aid, floating and singing with actions

Duckling 3&4 (2yrs plus)

Developing water confidence, on front & back, under water activities with & without aids floating and singing with actions.

Duckling 4&5 (2yrs plus)

This level introduces the children to kicking and breast stroke legs on front and back with without aids, singing with actions.

Pre-School Stage 1 (4yrs - full time school)

This is the first class unaccompanied by the adult. This level introduces the children to swim 5 metres breast stroke, 5 metres on front & back with/without aids.

Pre-School Stage 2 (4yrs - full time school)

Progressing on from level 1, this class teaches children to swim 10 metres breast stroke unaided, 5 metres kicking on front & back.

Small Pool Stage 1 (full time school - 6yrs)

This level introduces the children to swim 5 metres breast stroke, 5 metres on front & back with/without aids.

Small Pool Stage 2 (full time school - 6yrs)

Progressing on from level 1, this level teaches children to swim 10 metres breast stroke unaided, 5 metres kicking on front & back.

Main Pool Course

Stage 1 (6yrs plus)

This level introduces the children to swim 5 metres breast stroke, 5 metres on front & back with/without aids.

Stage 2

Progressing on from level 1, this class teaches children to swim 5 metres breast stroke unaided, 5 metres kicking on front & back.

Stage 3

This level will teach children to swim 10 metres breast stroke, sitting dive, kicking on front & back floating and underwater activities.

Stage 4

This level will teach children to swim 15 metres breast stroke, dolphin kick, standing dive kicking on front & back.

Stage 5

This level will teach children to swim 25 metres breast stroke, racing dive, sculling & treading water.

Stage 6

This level will teach children to swim 50 metres breast stroke, front crawl, back crawl and butterfly

Level 7

This level will teach children to swim 100 metres breast Stroke, front & back crawl, treading water.

Bronze Challenge

This level children will swim different strokes with underwater swimming.

Competitive 8

This level will go over breast stroke, front crawl, back crawl, butterfly and turns.

Silver Challenge

Swim distances with all strokes, sculling, surface dives and underwater swims.

Competitive 9

This level children will go over all 4 strokes, surface Dives, different jumps, starts and turns.

Survival 3

This level children will have to swim in clothes, answer questions and learn the h.e.l.p position.

Competitive 10

This level will go over all 4 strokes, tumble turn, tread water.

Survival 4

This level children will have to swim in clothes, answer questions and learn the huddle position.

Water safety 1,2 & 3

These levels will teach children the knowledge of the pool, fire safety, emergency exits and alarms. Dangers in & out of the pool, people hazards, lifeguard hazards and pool hazards. Rescue casualties and non-contact tows

Fun & fitness

This session is for children on level 7 & above. Fun & fitness class allows children to develop their strokes, strength and stamina.

Teen Swim

This class aims to develop stamina and strength in a fun environment.

Adults

Beginners

This course introduces beginners to breast stroke

Improvers 1,2 & 3

Progressing from beginners this course introduces front crawl and back crawl. This course is staggered into three levels in order to cater for all abilities.

General Swim

This course allows adults to develop their strokes, stamina and strength in a fun environment.

Private Lessons

1 to 1 £16.00 per half an hour.

24 hours notice must be given for a private lesson cancellation otherwise the full fee is payable.

Pool Timetable

DAY	CLASS DESCRIPTION	TIMES	DAY	CLASS DESCRIPTION	TIMES	
MONDAY	BABY & DUCKLING 1	8.45 - 9.15am 11.45 - 12.15pm 10.15 - 10.45am	THURSDAY	BABY & DUCKLING 1 DUCKLING 1&2	10.45 - 11.15am 11.15 - 11.45am 12.15 - 12.45pm 2.00 - 2.30pm	
	DUCKLING 1&2 DUCKLING 2&3 DUCKLING 3&4	10.45 - 11.15am 9.45 - 10.15am 11.15 - 11.45am		DUCKLING 2&3 DUCKLING 3&4	11.45 - 12.15pm 1.30 - 2.00pm	
	STAGE 1 PRE-SCHOOL	1.00 - 1.40pm 2.20 - 3.00pm		STAGE 1 PRE-SCHOOL STAGE 1 SMALL POOL	12.50 - 1.30pm 4.40 - 5.20pm 6.00 - 6.40pm	
	STAGE 2 PRE-SCHOOL STAGE 1 SMALL POOL	1.40 - 2.20pm 4.40 - 5.20pm 6.00 - 6.40pm		STAGE 2 SMALL POOL	4.00 - 4.40pm 5.20 - 6.00pm	
	STAGE 2 SMALL POOL	4.00 - 4.40pm 5.20 - 6.00pm		STAGE1 MAIN POOL STAGE 2 MAIN POOL	4.40 - 5.20pm 4.40 - 5.20pm	
	STAGE 1 MAIN POOL STAGE 2 MAIN POOL	4.40 - 5.20pm 4.40 - 5.20pm		STAGE 4 STAGE 5	4.00 - 4.40pm 5.20 - 6.00pm	
	STAGE 3 STAGE 6 STAGE 7	4.00 - 4.40pm 5.20 - 6.00pm 5.20 - 6.00pm		FUN & FITNESS BRONZE CHALLENGE	5.20 - 6.00pm 6.00 - 6.40pm	
	STAGE 8 STAGE 9 STAGE 10	6.00 - 6.40pm 6.00 - 6.40pm 6.00 - 6.40pm		SILVER CHALLENGE WATER SAFETY	.00 - 6.40pm 6.00 - 6.40pm	
				ADULT BEGINNER ADULT GENERAL	8.30 - 9.15pm 8.30 - 9.15pm	
				ADULT IMPROVERS	9.15 - 10.00pm	
TUESDAY	BABY & DUCKLING 1	9.45 - 10.15am 11.45 - 12.15pm 1.30 - 2.00pm	FRIDAY	DUCKLING 4&5 DUCKLING 2&3	12.30 - 1.00pm 1.00 - 1.30pm	
	DUCKLING 2&3	9.15 - 9.45am 10.15 - 10.45am		STAGE 1 PRE-SCHOOL STAGE 2 PRE-SCHOOL	1.30 - 2.10pm 2.10 - 2.50pm	
	DUCKLING 3&4 DUCKLING 4&5	10.45 - 11.15am 11.15 - 11.45am 1.00 - 1.30pm		SATURDAY	STAGE 1 SMALL POOL STAGE 2 SMALL POOL	8.00 - 8.40am 10.00 - 10.40am 8.40 - 9.20am 9.20 - 10.00am
	ADULT BEGINNERS ADULT IMPROVERS TEEN SWIM ADULT GENERAL SWIM	10.30 - 11.15am 10.30 - 11.15am 8.30 - 9.15pm 9.15 - 10.00pm			STAGE 1 MAIN POOL STAGE 2 MAIN POOL	8.00 - 8.40am 10.00 - 10.40am
		STAGE 5 STAGE 4 STAGE 3	8.00 - 8.40am 8.40 - 9.20am 9.20 - 10.00am			
WEDNESDAY	DUCKLING 2&3 DUCKLING 4&5	1.00 - 1.30pm 1.30 - 2.00pm	SUNDAY	STAGE 1 SMALL POOL STAGE 2 SMALL POOL	10.00 - 10.40am 8.40 - 9.20am 9.20 - 10.00am	
	STAGE 2 SMALL POOL STAGE 1 SMALL POOL	4.00 - 4.40pm 4.40 - 5.20pm		STAGE 1 MAIN POOL STAGE 2 MAIN POOL	10.00 - 10.40am 10.00 - 10.40am	
				STAGE 8 STAGE 9 STAGE10 STAGE 6 STAGE 7	8.00 - 8.40am 8.00 - 8.40am 8.00 - 8.40am 8.40 - 9.20am 8.40 - 9.20am	
				BRONZE CHALLENGE SILVER CHALLENGE SURVIVAL 3 SURVIVAL 4	9.20 - 10.00am 9.20 - 10.00am 9.20 - 10.00am 10.00 - 10.40am	

Class times may be changed at any time, the courses office will confirm times.

Why not ring us on
01276 417119 or speak to
a swimming co-ordinator

SWIM ACADEMY

For further information please contact the Courses Office during the following hours, pick up a leaflet or email.

Monday & Tuesday 9.00am – 12noon

Thursday 9.00am – 12noon

4.30pm – 6.30pm

Lessons are for ages 4 months through to adults.

CALL NOW ON 01276 417119

email: shonacullen@dcleisure.co.uk

Arena Leisure Centre

Grand Avenue

Camberley

GU15 3QH



We follow the Amateur Swimming Association national teaching plan.



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In partnership with
ZOGGS

