



# 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 level 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 level 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 Level 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 Level 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 Courses

### Level 1 (6yrs plus)

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

### Level 2

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

### Level 3

This level will teach children to swim 20 metres breast stroke, sitting dive, kicking on front & backfloating and underwater activities.

### Level 4

This level will teach children to swim 25 metres breast stroke, dolphin kick, standing dive kicking on front & back.

### Level 5

This level will teach children to swim 50 metres breast stroke, racing dive, sculling & treading water.

### Level 6

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

### Level 7

This level will teach children to swim 200 metres breast stroke. Front & back crawl, straddle jump, back crawl turn.

### Challenge 1

This level children have to jump in and swim for 2 mins. Back crawl.

### Level 8

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

### Challenge 2

This level children will have to swim in clothes, under water swim and pick up an object on the bottom of the pool.

### Level 9

This level children will go over all 4 strokes, surface dives and different jumps.

### Personal Survival 1

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

### Level 10

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

### Personal Survival 2

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

### Level 11 & 12 will only run if we have enough children

This level children will do all 4 strokes at a high level using the pace clock, tumble turns.

### 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
MONDAY	BABY & DUCKLING 1	8.45 - 9.15am 11.45 - 12.15pm
	DUCKLING 1&2	9.15 - 9.45am 10.15 - 10.45am
	DUCKLING 2&3 DUCKLING 3&4	10.45 - 11.15am 9.45 - 10.15am 11.15 - 11.45am
	LEVEL 1 PRE-SCHOOL	1.30 - 2.10pm
	LEVEL 2 PRE-SCHOOL LEVEL 1 SMALL POOL	2.50 - 3.30pm 2.10 - 2.50pm 4.40 - 5.20pm
	LEVEL 2 SMALL POOL	6.00 - 6.40pm 5.20 - 6.00pm
	LEVEL 1 MAIN POOL LEVEL 2 MAIN POOL	4.40 - 5.20pm 4.00 - 4.40pm
	LEVEL 3 SURVIVAL 3	4.00 - 4.40pm 4.40 - 5.20pm
	LEVEL 6 LEVEL 7	5.20 - 6.00pm 5.20 - 6.00pm
	LEVEL 8 LEVEL 9	6.00 - 6.40pm 6.00 - 6.40pm
	LEVEL 10	6.00 - 6.40pm

DAY	CLASS DESCRIPTION	TIMES
TUESDAY	BABY & DUCKLING 1	9.45 - 10.15am 11.45 - 12.15pm
	DUCKLING 2&3	1.30 - 2.00pm 9.15 - 9.45am
	DUCKLING 3&4 DUCKLING 4&5	10.15 - 10.45am 10.45 - 11.15am 11.15 - 11.45am
	ADULT BEGINNERS ADULT IMPROVERS	1.00 - 1.30pm 10.30 - 11.15am
	TEEN SWIM ADULT GENERAL SWIM	10.30 - 11.15am 8.30 - 9.15pm 9.15 - 10.00pm

DAY	CLASS DESCRIPTION	TIMES
WEDNESDAY	LEVEL 3&4	12.30 - 1.00pm
	LEVEL 2&3	1.00 - 1.30pm
	LEVEL 4&5	1.30 - 2.00pm
	LEVEL 2 SMALL POOL LEVEL 1 SMALL POOL	4.00 - 4.40pm 4.40 - 5.20pm

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**

DAY	CLASS DESCRIPTION	TIMES
THURSDAY	BABY & DUCKLING 1 DUCKLING 1&2	10.45 - 11.15am 11.15 - 11.45am 12.15 - 12.45pm 2.00 - 2.30pm
	DUCKLING 2&3 DUCKLING 3&4	11.45 - 12.15pm 1.30 - 2.00pm
	LEVEL 1 PRE-SCHOOL LEVEL 1 SMALL POOL	12.50 - 1.30pm 4.40 - 5.20pm
	LEVEL 2 SMALL POOL	6.00 - 6.40pm 4.00 - 4.40pm 5.20 - 6.00pm
	LEVEL 1 MAIN POOL LEVEL 2 MAIN POOL	4.40 - 5.20pm 4.40 - 5.20pm
	LEVEL 4 LEVEL 5	4.00 - 4.40pm 5.20 - 6.00pm
	FUN & FITNESS CHALLENGE 1 CHALLENGE 2	5.20 - 6.00pm 6.00 - 6.40pm 6.00 - 6.40pm
	WATER SAFETY ADULT BEGINNER ADULT GENERAL	6.00 - 6.40pm 8.30 - 9.15pm 8.30 - 9.15pm
	ADULT IMPROVERS	9.15 - 10.00pm

DAY	CLASS DESCRIPTION	TIMES
FRIDAY	DUCKLING 4&5 DUCKLING 2&3	12.30 - 1.00pm 1.00 - 1.30pm
	LEVEL 1 PRE-SCHOOL LEVEL 2 PRE-SCHOOL	1.30 - 2.10pm 2.10 - 2.50pm

DAY	CLASS DESCRIPTION	TIMES
SATURDAY	LEVEL 1 SMALL POOL	8.00 - 8.40am 8.40 - 9.20am 10.00 - 10.40am
	LEVEL 2 SMALL POOL LEVEL 1 MAIN POOL	9.20 - 10.00am 8.00 - 8.40am 10.00 - 10.40am
	LEVEL 2 MAIN POOL LEVEL 5 LEVEL 4 LEVEL 3	10.00 - 10.40am 10.00 - 10.40am 8.00 - 8.40am 8.40 - 9.20am 9.20 - 10.00am

DAY	CLASS DESCRIPTION	TIMES
SUNDAY	LEVEL 1 SMALL POOL	9.20 - 10.00am 10.00 - 10.40am
	LEVEL 2 SMALL POOL LEVEL 1 MAIN POOL LEVEL 2 MAIN POOL	8.40 - 9.20am 10.00 - 10.40am 10.00 - 10.40am
	LEVEL 8 LEVEL 9 LEVEL 10 LEVEL 6 LEVEL 7	8.00 - 8.40am 8.00 - 8.40am 8.00 - 8.40am 8.40 - 9.20am 8.40 - 9.20am
	CHALLENGE 1 CHALLENGE 2 SURVIVAL 1 SURVIVAL 2	9.20 - 10.00am 9.20 - 10.00am 9.20 - 10.00am 10.00 - 10.40am

# 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](mailto: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**

