

Details of Courses

Each course usually consists of eight ½ hour lessons running at the same time each week for eight consecutive weeks.

- Maximum 12 children in Parent and child
- Maximum 4 children in Pre school
- Maximum 6 children in Stage 1
- Maximum 8 children in Stages 2-5

These numbers ensure each child receives individual attention whilst having the benefit of a class environment.

Cost

Members	£48
Non Members (Members children only)	£68

Please book at Reception.
Payment is required at time of booking,
and is non-refundable.

Please Note

Classes do not run during school holidays, so any course which clashes with a holiday will be extended appropriately.
Except for the first Bank Holiday Monday in May (May Day)
When the lessons will run.

**Children under 16 must not be left in the Club without
a parent / guardian in attendance**

Childrens Swimming Times

Children under 16 years may use the pool when accompanied by an adult at the following times *only*:

Mon - Fri	11.00am - 12.30pm	3.00pm - 5.30pm
Saturday	9.00am - 10.00am	12.00 - 4.00pm
	Fun N Floats	2.00pm - 4.00pm
Sunday	9.00am - 10.00am	12.00 - 4.00pm
	Fun N Floats	2.00pm - 4.00pm

Additionally, strong swimmers from 11yrs old may lane swim with an adult between 5.30-6.30pm weekday evenings and 8am-9am Saturdays.

Fun N Floats

Our fully qualified Lifeguards will be on duty during this session.

Children must be 8 years or over and of a good swimming ability to come along to this session unattended.

Children under 8 years must still be accompanied in the water by a parent.

Children's Swimming Lessons at Beechdown Health Club

My name is Maggie Smith, I am a qualified ASA Teacher and Lifeguard. I was the Head Coach for Britannia Swimming Club for 4 years, so I have a lot of experience from teaching total beginners to competitive swimmers.

My lessons follow the ASA national plan for teaching swimming, which allows movement of swimmers around the country with recognised award stages 1 to 10. This means, for example, if your child is at Stage 3 and you relocate, you will be able to go to the local swimming club and your child will be able to slot into the correct level.

Contact Maggie at : maggiesmith195@yahoo.co.uk

The ASA Ability Descriptions

- **Non Swimmer Stage 1 (minimum 3 years) Tuesdays or Thursdays 4pm.**
Required skills: Not happy under water, needs buoyancy aids. Develops safe pool behaviour, helps adjust to the water and develop independent movement in the water. It is designed for new swimmers, teaching basic paddle stroke and kicking skills, pool safety, proper use of floats and comfort holing their face in the water while blowing bubbles and swimming.
- **Non Swimmer Stage 2 Mondays or Fridays 4pm or Thursdays 4.30pm.**
Required skills: Unable to swim or can swim a few strokes (less than 5 metres on front and back) happy under water, able to jump in.
They are taught to kick, sit, glide, float and perform the progressive paddle stroke. They learn basic floating safety and use of floating devices. Children can float for 5 seconds on their front and back, as well as swim the paddle stroke 5m on their front, back and sides without assistance by the end of this level.
- **Beginner Stage 3 Mondays, Tuesdays or Fridays 4.30pm or Thursdays 5pm.**
Required skills: Beginner swimmer can swim a width on front and back, not necessarily correct technique. They learn orientation skills and further use of floating devices. Children can float for 20 seconds on their front and back, as well as swim the paddle stroke 10m on their front, back and sides without assistance and have some basic breaststroke skills by the end of this level.
- **Improver Stage 4 & 5 Mondays, Tuesdays or Fridays 5pm.**
Required skills: Can swim a length on front and back, including breaststroke but not necessarily correct technique. Can pick up objects from bottom of pool. Can kick a length without float on front and back.
Children at this level review previously learnt skills and refine strokes, as well as their personal safety, rescue and floating skills. They also learn underwater swimming skills.
Children can float for 1 min on their front and back, perform the front and back crawl 25m with good form, and perform a rudimentary level butterfly, breaststroke and sculling by the end of this level.