

AquaZone Swimming

We are committed to delivering a high quality swimming lesson programme. All teachers hold recognised qualifications from relevant national swimming associations and are required to update their knowledge, teaching and coaching methods as part of their commitment to ongoing professional development. Our dedicated staff and comprehensive programme along with recreational swimming will allow your child to develop into a competent swimmer.

(01202) 888208 www.aq-leisure-centre.co.uk

Parent & Baby (6-18) months A gentle introduction for the parent and baby in a relaxed and friendly environment for babies' first experiences in the water.

Parent & Child (18 months - 4 years) A gentle, fun session, sympathetic to the child's needs. Early development in the water is vital and this class introduces confidence through movement and play. Aim: First experiences of taking instruction.

Beginners (3½ + years) This is a progression from Parent and Child without the parent in the pool. Introduce confidence through simple exercises and play. Aim: To gain experience in taking instruction and improve water confidence.

Beginners Advanced For a non-swimmer completely dependent upon arm bands. Continuing with water confidence and understanding basic instructions. Lesson relevant to beginners stage. Aim: To swim 5 metres without aids.

Improvers For the swimmer who has completed 5 metres without buoyancy aids and no longer requires armbands. Aids development of stamina to swim further with good body position. Introduces travel with good leg action on front, back and arms for backstroke. Aim: To swim 10 metres distance.

Inter One A level suitable for the swimmer who has basic knowledge of the strokes. Early breathing practices are introduced to develop the stroke. Aim: Swimming without pause using correct strokes.

Inter Two Designed for the confident swimmer who demonstrates correct stroke technique. This level concentrates on development of the strokes, water skills and confidence in deeper water. Aim: Continuous widths without pause to a good standard.

Inter Three Aimed at those confident in deeper water and have started to master breathing techniques. Co-ordination of strokes with concentration on stamina to ensure the swimmer is prepared for lane swimming. Aim: 25 metres swim using all three strokes efficiently.



Swimming lessons
are provided
in 12 week courses.

Lessons



Lane 1 Introducing lanes for strength and stamina. Concentrates on distance and stroke efficiency. Introducing Personal Survival. Aim: 100 metres swim and Personal Survival 1.

Lane 2 Develops strength and stamina alongside stroke techniques. Swimmers should be fully competent at all three strokes. Distance swims are introduced. Aim: 200 metres swim without stress and 100 metres of each stroke. Personal Survival 2.

Lane 3 Distance and speed with proficient stroke technique. Developing advanced survival skills. Aim: 400 metres.

Lane 4 The four main strokes achieved efficiently and effectively without stress. Emphasis on speed and distance. Timed sprints are integrated. Aim: Bronze Speed Awards in the 4 main strokes.

Junior Swim Fit A twelve week course for lane swimmers who have developed good speed and technique. Drills, schedules, time swims and distance

Blue Fins (Pre-Club) Further develop style, technique and stamina. Blue Fins allows for those swimmers who are leaving Lane 4 to progress further in a 'club' style format.

- Drills for all 4 strokes
- Schedules written on white boards
- 'Club' style work programmes
- Pace clock
- Working towards the A.S.A stroke development and speed awards.
- Ideal for the competitive swimmer.

Adult Swimming Lessons A twelve-week course to overcome fear of water, regain confidence and learn how to swim the three main strokes.

Swimfit for Adults For lane swimmers who wish to develop their speed and stamina. An instructor will offer stroke pointers and standards range from the tri-athlete to competent swimmers.

Re-enrolment and Payment

From week 10 a re-enrolment desk is set up in reception. You will find the enrolment form for your child in a tray marked for the lesson they are currently attending.

You can now re-enrol and pay at reception or over the phone. We can complete re-enrolments over the phone from 9am from week 10. This can be done during the day of your child's lesson but unfortunately not the day/ days before. If you are absent for this, please advise reception prior to week 10. We will endeavour to book your place. We take Visa, Mastercard, Barclaycard and Switch. To save disappointment, please re-enrol on time!

- **Week 9 Testing Week** Testing week for all children on the lesson programme.
- **Week 10 Re-Enrolment Lesson** payments taken for all children.
- **Week 12** Lesson vacancies are filled from the waiting lists.
- *All lessons operate strictly on a book and pay basis. Any course not paid for will be cancelled by week 1. Please inform us of any change in your circumstances, i.e. tel number, address, medical details of the swimmer.*
- If the allocated space is not convenient for you, please inform the receptionist straight away. Priority will be given to those staying and moving up a class, we will endeavour to meet your requirements.
- If you wish to discuss assessment, progress or any other matter arising with a swim teacher, please inform the Aqua Co-ordinator via the receptionist who can ensure your query is dealt with promptly.
- Please note it is quite normal for a child to remain in the same group for 2 courses or more.