

**Clubstart 8,9 & 10** - for children who have passed grade 7, this is a physically demanding session, in a fun atmosphere, with our popular swimming teacher/club coach, these sessions are 45 minutes long and are for children wanting to progress their swimming ability to the highest level.

### ADDITIONAL SWIMMING

To enhance your child's swimming skills, parents are advised to bring children swimming between swimming lessons.

### ROOKIE LIFEGUARDS

Take the opportunity to learn lifesaving skills and rescue techniques in a fun and safe environment. Suitable for children who have successfully completed grade 7 of the Swim School programme.

The course is a 10 week block of continuous lessons. See reception for more details.

### ADULT LESSONS

Learn to swim or develop your existing swimming skills in a relaxed environment. Lessons are held on Wednesday at 10am and Friday at 5.30pm. Lessons are a set of 10 continuous lessons (unless stated otherwise). A qualified swimming instructor is on hand to give you all the support you need.

### PARENT & TODDLER

AQUATOTS – a gentle and enjoyable introduction to the water for baby with parental and instructor assistance. Toys and floats are in the water to help encourage play. Sessions are held on:

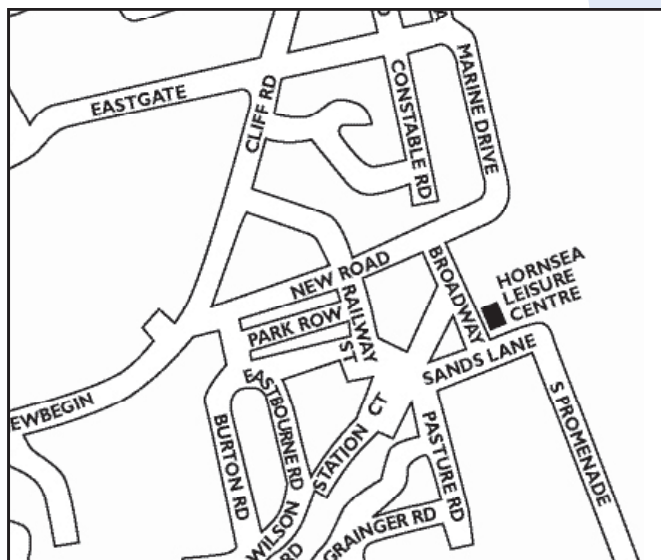
**Mondays** 11.00am - 12noon

**Thursdays** 12.30pm - 1.00pm

Contact reception for details of next course.



### LOCATION



### CUSTOMER FEEDBACK

Please tell us what you think of our facilities, programme and quality of service, so that we may continue to improve our service to you. You may pass your comments to us by informing a member of staff or completing an East Riding of Yorkshire Council 'Comments, Compliments and Complaints' form available from reception.

East Riding of Yorkshire Council will, on request, provide this document in Braille or large print.

If English is not your first language and you would like a translation of this document, please telephone 01482 393939.

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## Hornsea Leisure Centre

### Swimming Lessons



**EAST RIDING**  
OF YORKSHIRE COUNCIL

## JUNIOR SWIMMING LESSONS PROGRAMME

It is our policy to ensure that all swimming lessons are enjoyable, interesting and above all achieve the highest possible standards, water skills and swimming techniques allowing each pupil continuous assessment and correction throughout tuition.

Each class is carefully structured to a comprehensive syllabus ensuring continuity in teaching throughout classes.

The minimum age for the lessons is 3 years. Our lessons consist of 10 consecutive 1/2 hour sessions (unless otherwise stated) that run on

<b>Monday to Friday</b>	<b>4.00pm - 6.00pm</b>
<b>Saturday</b>	<b>9.00am - 12.30pm</b>
<b>Thursday</b>	<b>11.30am - 1.00pm.</b>

## CHILDREN LOVE WATER

Swimming gives children a sense of well being and is a good form of exercise and fun. It also helps develop confidence, stamina and independence and is also an important safety factor in every day life.

## LESSON DURATION

Each course of swimming lessons will consist of 10 lessons, lasting 30 minutes once a week. Parents may spectate the swimming lessons from the viewing area, we kindly ask parents not to spectate from, or enter the poolside areas.

The child's progress will be continuously assessed throughout the course.

WEEK 7 - pupil assessments for next course of lessons.

WEEK 8 - pupil feedback sheets for staying in the same grade. Re-enrolment commence for children staying in same class.

WEEK 9 - pupil feedback sheets for moving grade/class. Re-enrolment commence for children moving grade/class.

## BADGES & CERTIFICATES

Children who successfully progress through the scheme will be awarded badges & certificates. Your child / children will receive a feedback slip from their instructor in week 8 of the swimming lessons stating the badges and certificates achieved. These may be purchased from reception.

Please note that gaining a badge / certificate does not automatically mean progression to the next grade (please refer to your child's feedback sheet for more information)

Please note that progression to the next grade may not always occur within 1 set of lessons. The swimming lesson criteria covers a wide range of techniques, therefore the teachers may not move your child up to the next grade until they have achieved all elements of their grade with confidence.

## RE-ENROLMENTS

Re-enrolments will commence Week 8. Children remaining in the same class can book at any time during this week as their place is guaranteed. Children moving classes/grades can enrol from Week 9. You are advised to secure your place by Week 10 as it is then open to the waiting list, and you could lose your place.

## NEW ENROLMENTS

The Centre operates a waiting list. You will be contacted when vacancies arise.

## TEACHERS

All the Swim School teachers are qualified and trained to the standards set by the Swimming Teachers Association (STA) or the Amateur Swimming Association (ASA). We aim to provide a continuous teaching service to the Swim School programme, however if a swimming teacher is absent due to holiday or sickness etc a replacement teacher will be provided. The replacement teacher will be a qualified teacher who is familiar with the lesson programme, and will maintain the high standards of the lesson.

## GRADING STRUCTURE

Full details of the grading structure are available at the Leisure Centre to help you assess the ability of your child. Qualified Swimming Instructors are also available to assist. The following is a guide only:

**Aquastart 1, 2 & 3** - Ages 6mths - 2yrs, parent and baby/toddler sessions, building confidence through structured play with parents in the water and instructor assistance.

**Aquastart 4, 5 & 6** - These grades are aimed at children aged 3 & 4 yrs, to build confidence through fun structured lessons with the instructor in the water, however, where children have little experience of water activities and are aged 5/6yrs old these sessions are good for building confidence before entering Grade 1.

**Grade 1** - To enter Grade 1 children must be in full time primary education, however, in exceptional circumstances where children have passed Aquastart 6 before they are in full time primary education, we will only move the child into Grade 1 if the child is tall enough to be able to stand up in the learner pool comfortably and confidently with head clearly above water, and they have been assessed by 2 fully qualified and experienced teachers and it is agreed that the child will be able to cope with the requirements expected of them in a Grade 1 class.

**Grade 2** - Required to swim one width basic front crawl and backstroke.

**Grade 3** - Required to swim 25 metres basic front crawl breathing to side, 25 metres backstroke and one width breaststroke.

**Grade 4** - Required to swim 25 metres front crawl and backstroke showing good technique, one width breaststroke and butterfly leg action.

**Grade 5** - Required to swim 50 metres front crawl, backstroke and breaststroke efficient technique, i.e. breathing, leg kick, arms and timing. 25 metres butterfly legs, one width butterfly.

**Grade 6** - Required to swim four widths front crawl, backstroke and breaststroke showing a technically correct turn. One width butterfly with efficient technique. Plunge dive.

**Grade 7** - Required to swim 100 metres front crawl showing correct turns, 100 metres backstroke showing correct turns, 25 metres butterfly showing efficient technique over the full distance including a correct turn at the end.

