



# Guide to Swimming Lessons



# Swimming guide

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# **Welcome**

Firstly we would like to thank you for joining Sefton Council's Active Aquatics Swimming programme.

This guide has been created to tell you everything you need to know about how our programme is run and how important it is that everyone learns to swim and continues to keep swimming.

As a sport, swimming is one of the best for your health. Whilst at times it can be incredibly challenging when you're learning, it's also great for strengthening your muscles and improving your cardiovascular performance.

We have found that a positive swimming experience brings pleasure to our learners. The content of our swimming lessons encourages safety, improvement and confidence building.

We hope this guide will give you some useful ideas and tips on how to support all learners through the swimmer pathway to a stage appropriate for them, as well as understanding the expectations and assessment standards required for a swimmer to progress.

## **Swimming for Everyone**

Learning to swim is fun, provides health benefits and could save a life. Sadly, drowning is the third most common form of accidental death in children, so learning to swim really is an essential life skill.

The great thing about swimming is that anyone can take part no matter their age or ability – and it is more accessible to children with disabilities than most other sports.

But it's not all about having fun, there are other great reasons to get involved:

- It keeps your heart and lungs healthy, improves strength and flexibility, increases stamina and even improves balance and posture.
- You will have plenty of opportunities to make friends and grow in confidence.
- Swimming opens the door to other sports and activities, including: swimming with dolphins, scuba diving, rowing and sailing and even becoming the next Olympic or Paralympic champion!

- You can't always be there. It may save someone's life one day.

## **HINTS AND TIPS**



Do wear a swimming cap



Do wear appropriate swimming wear (Lycra shorts/trunks for males. Full costume for females).



Follow instruction given by staff & displayed notices & safety signs.



Behave in a responsible & courteous manner to all staff & other customers.



Stay in the shallow water if the swimmer cannot swim well.



Do consult a doctor if the swimmer is not feeling well.



No board/holiday shorts, bikinis or tankins.



All long hair must be tied back.



No Jewellery of any kind is permitted



Please do not allow the swimmer to eat at least half an hour before their swimming lesson.



No swimmers will be allowed in the water if they have consumed alcohol or drug.



Please do not take pictures or record any of our lessons in our centres.

## **Payment information**

All Payments are made by a monthly direct debit; Sefton Council's direct debits are collected by our partners Harland's. If you have any questions regarding your direct debit please contact them directly on 01444 449 166 or via email [c.service@harlandsgroup.co.uk](mailto:c.service@harlandsgroup.co.uk) .

Direct Debit fees are calculated by the number of swimming lessons over a 12 month period. This consists of 52 weeks; minus 2 weeks given free courtesy of Sefton Council which can be utilised. For any holidays or unexpected illness. There is also a deduction of 2 weeks for our annual Christmas shutdown. All members pay for 48 weeks and this is split into 12 equal monthly payments. Any Bank holidays or cancelled lessons will be deducted from your next direct debit payment.

Pro-rata fees may also be payable depending on when you enrol for your direct debit, this payment will be added to your first direct debit payment.

All swimmers are entitled to a free swimming membership when you enrol for your direct debit. This enables swimmers to use any of our 3 leisure pools free of charge; during the public swimming times. Please check with the leisure centre before you go to make sure that the public swim time is as stated on the timetable (N.B Timetables are subject to change over school holidays due to other schemes coordinated by Sefton Council).

All members can cancel their direct debit after 2 weeks (14 days) from the day they sign up. After this members are signed in with us for 3 monthly payments. After 3 months it is 1 months' notice in writing (via email) to cancel. No verbal cancellations over the phone will be accepted. Please email [active.aquatics@sefton.gov.uk](mailto:active.aquatics@sefton.gov.uk) to Direct Debit.

If your child has a medical condition lasting longer than 2 weeks we can suspend payments for up to 6 months. Parents/Guardians will need to provide us with proof (i.e. Doctors letter or appointment card).

Please note badges and certificate are available to purchase at an additional cost at the leisure centre you attend.

## **Emergency procedures**

In an event of an emergency (i.e. Fire / Pool Alarm) please remain calm. Our staff members are trained to deal with emergencies. Our Aquatics Instructors will ensure the safety of all swimmers in their class and will carry out the appropriate evacuation procedure (if necessary). All Parents/ Guardians will need to evacuate the building through the nearest fire exit. Parents/Guardians will be reunited with their child at the fire assembly point.

## **Medical Information**

When registering for the Active Aquatics programme it is extremely important for you (or parents/guardians) to inform us of any medical conditions, special requirements or learning difficulties that our Aquatics Instructors need to be aware of for example; learning disabilities, sight or hearing impairment, epilepsy or asthma. Please do not forget to keep us updated and inform us of any medical circumstances.

Any medication required by swimmers must be provided at all times on poolside clearly labelled. The aquatics instructor in charge must be informed minimising any potential health and safety risks. It is important for the swimmer to stay in a supervised area in case they are required to administer the medication.

N.B All medical information is kept strictly confidential.

## Children's Swimming

Swimming is the only sport which can save a child's life.

Being able to swim is an essential lifesaving skill, drowning is still one of the most common causes of accidental death in children.

Swimming is not just fun but it also provides loads of health benefits which can help keep your children healthy and happy.

It can help keep your child's heart and lungs healthy, improves strength and flexibility, increases stamina and even improves balance and posture.

Children of any age or ability can take part in swimming, it is more accessible than almost any other sport for children with additional needs.

Learning to swim is a skill that once learnt is rarely forgotten and it is open to people of all ages.

The Active Aquatics swimming lesson programme is based upon a framework called The Swim England Learn to Swim Programme (the National Governing Body for Swimming) a world-leading syllabus to support children and adults to learn to swim . All our swimming teachers are qualified, committed to continuous improvement and ensure FUN is part of every lesson.

Our Learn to Swim Programme takes the non-swimmer on a journey through four specialised frameworks Swim England Pre-School Framework, Swim England Learn to Swim Framework (Learn to Swim Stages 1-7), Swim England Aquatic Skills Framework (Learn to Swim Stages 8-10) & Swim England Adult Swimming Framework

Our Active Aquatics team offer swimming lessons at **Bootle Leisure Centre, Meadows Leisure Centre** and **Dunes Splash World**. We deliver a range of swimming lessons which are suitable for all ages and abilities at times that suit you.

Our swimming lessons run all year round and payments are made by monthly direct debit. Our lessons are fully accessible for disabled children and adults. Active Aquatics members enjoy the added benefit of **FREE swimming** at our public sessions.

The following lessons are what we have to offer:

- Adult and Child lessons (age 9 weeks+)
- Children's swimming lessons (age 4 years+)
- As swimmers progress there are options for activities such as Rookie Lifeguard, Flip n' Fun and competitive swimming
- Adult lessons including Swimfit

Active Aquatics also provides swimming lessons for over 60 schools across Sefton we always aim to deliver a high quality and efficient programme of swimming lessons, which meet the needs of the National Curriculum for school pupils across the borough.

We have staff based at five swimming pools across Sefton:

- Formby Leisure Centre managed by Formby Pool Trust
- Crosby Leisure Centre managed by Parkwood Leisure
- Bootle Leisure Centre
- Dunes Leisure Centre
- Meadows Leisure Centre

All children should be able to access swimming lessons through school as swimming and water safety is a compulsory part of the national curriculum.

Learning to swim is a fantastic experience that opens up a world of possibilities to everyone, as well as making them safer in the water.

**When learning to swim children focus on the following water specific fundamental skills as part of the NPTS and are categorised as follows:**

**Entry:** Safe entry into the water.

**Exit:** Safe exit from the water.

**Rotation and orientation:** Developing skills such as how to: lie back; lie forward; regain an upright position and twist from the front to the back and vice versa.

**Streamlining:** Understanding of streamlining, how to be streamlined and why it is important.

**Buoyancy and balance:** Developing an understanding of buoyancy and balance, what affects it and how to become buoyant in the water.

**Aquatic breathing:** Developing confidence in the water and a feeling of being at ease with the water around the face, learning how to breathe correctly.

**Travel and coordination:** Developing movement forwards, backwards and sideways, how to travel effectively, exploring different ways of travelling in water.

We are very pleased to be teaching children from all over Sefton to swim, should you require any further information regarding the National Plan please do not hesitate to contact us on 0151-934-2927 or via email on [active.aquatics@sefton.gov.uk](mailto:active.aquatics@sefton.gov.uk)

### **Swim England Foundation Framework**

The swimmers journey through Active Aquatics starts with Foundation, a programme for developing early-years water confidence, encouraged through adult and child and pre-school sessions.

Emphasis is on the development of very basic motor skills, an introduction to water and the swimming environment through fun and games.

### **Discovery Duckling & Duckling**

These lessons are for babies and toddlers to explore and enjoy the fun of learning to swim. With the help of their parents/carers, the swimmer will develop confidence both in and out of the water.

We start mainstream lessons from 4 years +.

### **Swim England Learn to Swim Framework (Stages 1-7)**

These stages of The Swim England Learn to Swim Programme take your child through FUNDamental Movement. They are based on developing skills, movement in the water, and having fun.

Please follow the link below to see a specific stage and their outcomes. This will provide more detail of what your child will be doing in their lesson.

<http://www.swimming.org/go/parents/learn-to-swim/>

### **ASA Aquatic Skills Framework (Stages 8-10)**

These stages are discipline-specific developing on the swimming skills learnt in Stages 1 - 7. Predominantly designed for the more competent swimmer who would like to try new opportunities such as competitive swimming, diving, synchronised swimming, water polo and Rookie lifesaving.

## **Competitive Swimming**

Your child will learn a range of advanced techniques such as swimming continuously over a long distance using a single stroke competitive starts and turns. There are also awards for each stage.

## **Rookie Lifesaving**

This offers you the comfort of knowing your children are aware of the dangers of swimming in open water, resuscitation and rescue techniques. It comes with Bronze, Silver and Gold awards.

## **Moving up**

Our Swimming lessons are a continuous programme. Each child is continuously assessed every lesson. Swimmers progression through our programme is dependent on the individual. Once all outcomes have been achieved for a certain Stage (1-7) your child's Aquatics Instructor will inform you by providing you with a 'congratulations card'. This will state what stage your child has successfully achieved. You will then need to ring the Aquatics Team to change your child's swimming lesson to the next stage. All changes are updated and sent to our Aquatics Instructors every Monday morning for the week ahead. Please be aware that you may have to attend your original lesson for 1 week extra until we have updated our Aquatics Instructors. This is for the health and safety of our swimmers.

## **Progress reports, Feedback & Other Queries**

Progress reports on an individual swimmer can be obtained from the Aquatics Team (0151-934-2927). The Aquatics Team will contact your child's Aquatics Instructor on your behalf. Please do not speak to our Aquatics Instructors whilst lessons are in progress. Our Aquatics Instructors are responsible for all of the children who are in their lessons. The safety of every child is our main priority.

We value all feedback on our lessons so please do not hesitate to contact the Aquatics Team if you have any feedback or queries regarding our lessons.

## What is available after my child completes all stages?

### Junior Swim Fit

All swimmers are required to have gained at least stage7 before being eligible for Junior Swim Fit.

Junior Swim Fit is a mixture of swimming and various swimming skills such as;

**Flip 'n' Fun** - Flip 'n' Fun is all about perfecting diving skills in a fun manner to develop and improve diving technique. Flip 'n' Fun is also a good way of developing a swimmers balance and co-ordination within the water as well as increase a swimmers awareness in the water.

**Competitive swimming/fitness**- Learning and improving competitive starts, turns and finishes. Developing and improving stamina over long distances and fitness circuits.

**Stages 8, 9 &10** – Completing the pre- competitive stages for the ASA badge scheme.

**Synchronised Swimming skills** - Learning and developing synchronised swimming skills, including sculling and under water work.

**Water polo skills**- Learning and developing Water Polo skills, including throwing, treading water, head up swimming and other ball skills.

Junior Swim Fit is available in Dunes Splash World and Meadows Leisure Centre.

Please call the Aquatics Team on 0151-934-2927 for more information on the Junior Swim Fit classes.

## Please note-

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| <ul style="list-style-type: none"><li>• Goggles (may be worn at the Aquatics Instructors discretion)</li></ul>   |
| <ul style="list-style-type: none"><li>• Money for car park and lockers. Please note The Aquatics Team is not responsible to any car park charges. Please contact the centre for details.</li></ul> |
| <ul style="list-style-type: none"><li>• We will provide all flotation aids such as armbands, discs and floats.</li></ul>   |
| <ul style="list-style-type: none"><li>• If the swimmer forgets anything, there is a selection of swimming products available for purchase at reception.</li></ul>                                  |

## **On Arrival**

Please arrive at the leisure centre 10 minutes before the lesson start time. All swimmers must swipe into the facility using their membership card/band or volunteer their name for verification at each facility visit prior to entering. This allows us to verify your identity and register your visit when entering the facility. If the swimmer is attending lessons for the first time, please pick up their membership card/band from reception. The swimmers membership number is on the Direct Debit email confirmation.

When getting changed, clothing must not be left in the changing rooms but in the lockers provided. If clothing is left unattended in the changing rooms, all items will be removed by the centre staff.

## **Entry to the Pool**

Please ensure the swimmer has visited the toilet and showered before going the pool. If the swimmer is under 8 years old and needs to use the toilet during a lesson, parents/guardians should make their way from the viewing area to meet your child. Aquatics Instructors are not allowed to leave during the swimming lessons to escort swimmers to the toilet.

All swimmers must not enter the pool hall until the instructor is present. Swimmers are required to report to the poolside no more than **five minutes** prior to their lesson start time. All swimmers are required to be available to start their lesson at the allotted start time for registration with the instructor. Swimmers must not enter the water until instructed to do so by the instructor.

If the swimmer is under eight years old, their parent/guardian or a responsible person over the age of 16, must supervise them before passing the swimmer over to the Aquatics Instructor.

We ask that you please remove all outdoor footwear on entering the changing rooms to help with cleanliness and health and safety issues. Pool overshoes are available at each centre for people who do not wish to remove their shoes.

## **During the Lesson**

All lessons are subject to a five minute registration and administration time during the allotted session time. Aquatics Instructors will use various swimming aids, games and activities during the lesson to progress swimmers to the next stage.

Class numbers are restricted and set by the Council to ensure a quality teaching environment. This is based on the ASA Safe Supervision for Teaching and Coaching Swimming Policy. These are the ratios the ASA stipulate:

- Adult & Child lesson 1:12 (that is 12 pairs - 1 X adult and 1 X child to teacher)
- Non-swimmers / beginners (Stages 1 – 4) 1:12
- Improvers – pre-competition (Stages 5 plus) 1:20
- Mixed ability groups (school swimming lessons) 1:20
- Competitive swimmers 1:30

Sefton Council has up to 12 swimmers in each class from Stages 1 - 7. In certain circumstances it may be possible to have more than 12 swimmers in a class, for example swimmers in the higher stages or where a Level 1 teacher is also present.

Spectators are asked to remain in the spectator area at all times while the swimming lesson is taking place. Non swimmers (including parents/guardians) are not permitted on the poolside at any time. If you need to communicate with your Aquatics Instructor please contact the Aquatics Team.

**End of Lesson** If the swimmer is under eight years old, their parent/guardian or a responsible person over the age of 16, must wait at the designated location to collect the swimmer from their Aquatics Instructor after the lesson has finished.

## **Adult Swimming**

The Swim England Adult Framework is part of the Swim England Learn to Swim Programme and your guarantee of structured swimming development.

The Pathway is an all-inclusive programme which takes the non-swimmer from his or her first splash to developing confidence and competence in the water, whatever your age. Starting as the National Learn to Swim programme in 1997, the ASA Learn to Swim Pathway is broken into four areas:

- Foundation Framework
- Learn to Swim Framework (Stages 1-7)
- Learn to Swim Framework (Stages 8-10)
- Adult Swimming Framework

Please go to the Swim England website if you would like more information-

<http://www.swimming.org/britishswimming/>

Whether you are a complete beginner or just wanting to improve your stroke, adult swim lessons are ideal for building confidence in the pool. If you are new to the water or need to improve your confidence, our adult beginner's classes help develop the skills required to enable stroke development. Our Aquatics Instructor assess the needs of each individual participant and their confidence levels, and plan individualised schedules accordingly. Following the Swim England Award scheme, our qualified Aquatics Instructors will guide you through a series of tasks and strokes tailored to your individual needs.

## **Beginners**

This lesson is designed to introduce you to basic strokes and movement through the water. Following the Swim England Adult Levels, your Aquatics Instructor will work through a range of strokes and skills according to your ability

## **Improvers**

If you can swim a little bit and want to improve your stroke or try a new one, then our Aquatics Instructors can help to achieve this. Your lessons are all about building strength and confidence and encouraging swimmers at every level to improve their technique.

## **Advanced (adult Swim Fit)**

If you are looking for an alternative way to work out in the pool and get the most out of your swim, then try Swimfit. We offer this in Dunes Leisure Centre.

Swimfit provides everything you need to motivate, challenge and support you to reach your fitness goals. Whether that is to lose weight, to tone, to improve technique or just to become fitter and stronger.

It is a fun and effective way to get those results you want, and because water is 800 times denser than air you are most likely to get there a lot quicker than any other workout!

This lesson will help refine stroke technique and allow you become more fluent in the water. By concentrating on stroke technique, you will become more efficient through the water, allowing you to swim longer distances, using less energy.

For more information please follow this link; <http://www.swimfit.com>

## **Useful numbers**

### **The Aquatics Team**

Recreation & Culture

2nd Floor Merton House (Long Wing), Stanley Road, Bootle, L20 3JA

Tel: 0151 934 2927

<https://www.sefton.gov.uk/sport-leisure/swimming/contact-active-aquatics.aspx>

### **Harland's group**

01444 449 166

[c.service@harlandsgroup.co.uk](mailto:c.service@harlandsgroup.co.uk)

### **Bootle Leisure Centre**

North Park, Bootle, Merseyside L20 5JJ

Tel: 0151 330 3301

### **Meadows Leisure Centre**

Hall Ln, Maghull, Liverpool, Merseyside L31 7BB

Tel: 0151 288 6727

### **Dunes Leisure Centre**

Esplanade, Southport, Merseyside PR8 1RX

Tel: 01704 537160

### **National governing body - ASA**

<http://www.swimming.org/asa/>

### **Swimfit**

<http://www.swimfit.com>