



## Lesson Criteria - This is a guideline of the standard required to enter each swimming level

### Beginner 1 (A.S.A. Award Level 1)

- Must be a minimum of 4 years old.
- Can only swim with armbands
- If child is unable to swim with a float (not arm bands) on front and back for 5 metres they must start in this level

### Beginner 2 (A.S.A. Award Level 2)

- Swim with a float for 5 metres on front and back
- Use of arm bands are not allowed in this level
- Get face wet and blow bubbles
- Confidently enter the pool
- Identify objects on the pool floor and retrieve it by hand

If child cannot do all the above they must start in Beginner 1

### Level 3 (A.S.A. Award Level 3)

Must be able to: Swim in water 1 metre deep.

- Swim in water 1 metre deep
- Swim without aids
- Swim 10 metres with basic knowledge of swimming on front and back unaided
- Must be able to swim with extended arms and be able to swim with face in the water
- Have feet turned out for Breaststroke only

Level 3 classes held in main pool to help with the transition from small pool to big pool and pupils who would benefit from deeper water

### Level 4 (A.S.A. Award Level 4)

Must be able to: Swim in water depth 1.5 metres to 2 metres

- Float on back and front unaided
- Swim 15 metres in a recognised stroke on front and back
- Confidently jump into water 2 metres deep
- Can roll from back floating to front and swim 10 metres

### How To Book

Fill out the reply slip on the leaflet, including the level, week and time of the lesson which you wish to book and return it to reception with payment. Bookings will only be accepted with a completed booking form and full payment for the course.

### Level 5 (A.S.A. Award Level 5)

Must be able to:

- Push and glide on front and back for 5 metres
- Swim 25 metres in recognised stroke on both front and back
- Swim 15 metres with basic leg action for Breaststroke
- Tread water for 45 seconds
- Submerge under water for 5 seconds

### Fitness Swim (Level 6, Intermediate, Advanced and Swim Fit)

Must be able to:

- Swim 25 metres Breaststroke with correct timing of arms and legs
- Swim 50 metres Backstroke and Front Crawl
- Swim 10 metres Front Crawl transfer to Backstroke with smooth transition and complete a total 25 metres
- Sessions aimed at maintaining and improving fitness levels

### Learn To Dive and use Flippers

A great way for children to improve or simply learn how to dive. Learn to Dive will include racing dives for all 4 strokes where possible (dependant on child's ability). Learn how to use flippers to help strengthen legs.

Must be able to:

- Swim in water 2 metres deep.
- Swim a minimum of 50 metres

### Rookie Lifeguard Bronze (35minute lesson)

Must be able to:

- Swim at least 25 metres and be confident in deep water
- Minimum age 8 years

### Rookie Lifeguard Silver (45minute lesson)

- Swim at least 25 metres and be confident in deep water
- Minimum age 8 years
- Can still attend even if your child hasn't passed the Bronze Award but will only gain the Silver award

The Rookie Lifeguard programme is the junior award scheme of the RLSS UK. Rookie Lifeguard teaches children how to stay safe around water and what to do in an emergency in a fun and engaging way. The course contains survival, rescue and sports skills as well as life support and water safety elements as well as learning to swim in full clothes. Water Smart, Water Safe Magazine included, to enjoy reading during the course. Along with 1 out of the 3 awards.

## Children's Summer Holiday Crash Course Swimming Lessons

### Prices for 5 day Intensive Course

**Week 1 Monday 22nd July - Friday 26th July**

**Week 2 Monday 29th July - Friday 2nd August**

**Week 3 Monday 5th August - Friday 9th August**

**Week 4 Monday 12th August - Friday 16th August**

**Week 5 Monday 19th August - Friday 23rd August**

Pool and Gold Members £45.00

Non Members and Dry-side members £50.00

### Prices for 4 day Intensive Course

**Week 6 Tuesday 27th August - Friday 30th August**

Pool and Gold Members £36.00

Non Members and Dry-side members £40.00

### Rookie Lifeguard Course (Bronze 35min & Silver 45min lessons)

Pool and Gold Members £51.40

Non Members and Dry-side £57.50