

LEARN TO SWIM

BACKIE • FORRES • KEITH • LOSSIEMOUTH • SPEYSIDE



YOUR GUIDE TO THE SWIMMING LESSON PROGRAMME FOR ALL AGES

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INTRODUCTION

Being able to swim has great benefits, both for physical wellbeing and of course safety in and near water. Swimming is also an excellent way for children to exercise, enjoy the water, be with their friends and have fun.

Across the swimming pools in Moray we offer a similar lesson development programme which allows the children to progress from complete beginner level to accomplished swimmers. The structure of the programme is standardised in order that each pool delivers the same high level of teaching and the children can develop within the programme at their own pace.

This is achieved by running the lesson programme in 8 week teaching blocks, each one of which is assessed towards the end of the block

The following information gives details of the lesson programmes, standards, group structure and the other important aspects of the lesson programme.



CLASSES

Children must be 5 years old or over to join the lesson programme.



Early skills class



Beginner class



Improver class for back-crawl, front-crawl and breast-stroke



Stroke development over greater distances

Note: Some of the activity classes offered may differ between pools and at certain times throughout the year there is an opportunity to attend some 'specialised' classes such as canoeing / mask and snorkel etc.

SAFETY FIRST



Please ensure that your child is registered and collects a coloured band before each lesson.



When children are not swimming they must hold onto the side of the pool with their head above water.



Please ask your child not to run on the poolside as it can be slippery and an accident may occur.



Parents are reminded it is their responsibility to ensure that accompanying children behave appropriately.



LESSON BLOCKS

The lesson blocks normally follow the school term times and are divided into five equal blocks of eight weeks per year. Crash course lessons i.e. five consecutive days at a time operate during the school holidays. There are no lessons on school in-service days or school occasional holiday days.

REGISTRATION / BOOKING

Bookings and registration can be made at any time by calling into the facility or by telephone. Details of your child's name, address, date of birth and any medical condition that affects him or her is required when registering. There may be times when a waiting list is in operation for the lessons but generally these are kept to a minimum.

Please note that an online booking system for swimming lessons will be introduced in 2019.

ASSESSMENT

The children are assessed on a regular basis, normally towards the end of the lesson block. The standard aims for each of the groups is set out below.

PURPLE GROUP

Lie flat in the water with the head back. Legs kicking from the hips with obvious and steady propulsion across the width of the pool with or without a swimming aid. General confidence and lack of fear of the water.

RED GROUP

Confidently swim one width back-flip lying flat with the legs kicking from the hips.

BLUE GROUP

Confidently swim one width back-crawl in good style.
Move across the width of the pool on their front, holding a float with the legs kicking.

YELLOW GROUP

Confidently swim one width front crawl while breathing showing good technique.

GREEN GROUP

Successfully swim breaststroke in good style with the correct breathing actions or with the chin held on the surface of the water.

PAYMENT

Payment can be made either by Fit-Life Membership or in advance of the block of lessons (normally eight weeks or a five day crash course) or on the first week of the block.

This payment guarantees your child's place on the block and we commit to providing the lesson unless unforeseen circumstances arise and we cannot fulfil this commitment. In such cases you will be offered a refund or a credit of the lessons missed due to our fault.

We will also credit for missed lessons if there is a school closure due to adverse weather that would also prevent children getting to the swimming pool safely.

Your commitment, on making the payment, is to attend the lessons unless exceptional circumstances prevent this.

Refunds / credits will only be made if a child is hospitalised for any reason over the period of their lesson(s) or if he / she suffers a broken limb and is recovering from this.

Unfortunately, due to the number of short term sickness cases amongst children, especially in the winter months it is not possible to refund or credit for these times.

Children who are on holiday do not qualify for credits.

Non-attendance at a block of lessons for two consecutive weeks with no contact being made will result in the removal of the child from the space.

FURTHER INFORMATION

For any further information on the lesson programme, standards, assessments etc. the contact points are:

Buckie Swimming Pool
01542 832841

Lossiemouth Swimming Pool
01343 815299

Forres Swimming Pool
01309 672984

Speyside Swimming Pool
01340 871641

Keith Swimming Pool
01542 882222

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