



## SWIM LESSONS

# ACTIVE NATION

### Active Nation Swim School

Our courses are based on the Amateur Swimming Association's (ASA) National Plan for Teaching Swimming (NPTS). We are pleased to offer this quality progressive scheme that is the NPTS and the associated National Swim awards.

Following the NPTS will enable swimmers to develop a wide range of skills and proficiency in all four swimming strokes. The NPTS aims to give the swimmer a rounded experience and education of a variety of aquatic skills and strokes.

Our programme runs over 50 weeks per year. Our programme caters for children from 6 months old through to adults.

- The programme is broken down into sections
- Foundation - Adult & Child
- FUNdamental Movement Skills - Stage 1-7
- Competitive Swimming - Stage 8-10
- Rookie Lifeguarding
- Junior Swim 4 Fitness
- Adult - Beg/Imp/Adv
- Swim Train (Adult Session)

### Free Swimming Assessment

Not sure which group to book your child in to?

Please speak to one of the Active Nation team at Reception to book a free assessment with one of our qualified Instructors or call us on 01235 540700.

#### CENTRE OPENING TIMES

Monday - Saturday 6.30am - 10.30pm  
The pool closes at 6pm on Saturday  
Sunday 7.00am - 10.30pm

#### CRÈCHE OPENING TIMES

Monday - Friday 9.00am - 4.00pm  
Saturday 9.30am - 12.30pm

[WWW.ACTIVENATION.ORG.UK](http://WWW.ACTIVENATION.ORG.UK)

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### Adult & Child

Courses start from 6 months – 4 years A great introduction for babies & toddlers into the water. Helps to build confidence and co-ordination – aiming to be fun.

### Pre School Stage 1

For 4 yrs+ First stage in swimming without a parent/guardian in the water.

### Pre School Stage 2

Entry 4yrs, travel 5m on front & back - with minimal support / lay flat (good body position on front & back) put face in water.

### Pre School Stage 3

Entry 4yrs, swim unaided 3 metres on front & back/jump in/put face in water.

### Junior Stage 1

Complete Beginner 4+ ideally at full time school

### Junior Stage 2

Travel 5m on front & back – with 2/1 discs / lay flat (good body position on front & back) put face in water.

### Junior Stage 3

Travel 5-10m on front & back – with 1/0 disc (minimum support)– face in / Jump in – rotate front to back

### Junior Stage 4

Able to swim 0m front & kick on back – NO DISCS or support / Jump in / pick up sinker / float on front and back / push & glide on front and back.

### Junior Stage 5

Swim 10m frontcrawl & backcrawl – arms clearing the water, achieving new breath / kick 10m on back/front/brst with good body position / scull head first

### Junior Stage 6

Complete all four of the following swims:

Swim 10m -15m backstroke (feet kicking at the surface/long arm little finger in/continuous arms)

Swim 10m-15m frontcrawl (bubbles to the surface/over arm recovery/breathing mainly at the side)

Swim 10m-15m breaststroke (Feet turned out/starting to show breathing rhythmically even if its 2legs to 1pull)

Swim 10m-15m butterfly (basic body movement/legs squeezed together/H-B-L movement)

Handstand/forward roll/tread water/jump different shapes

### Junior Stage 7

Swim 10m clothed

breathing to side, bilateral breathing/no hanging on side

Swim breaststroke – pull/breath/kick/glide

Swim butterfly – using arms and legs (arms do not need to recover clear of water at this stage)

Swim full 25m of choice

Head first surface dive (head first & feet first)

Sink push off wall, glide, kick and rotate into backstroke/rotate into frontcrawl

### Junior Stage 8

Swim 100m using a minimum three different strokes (keeping style without stress)

Understand very basic of minute clock

Swim 25m backstroke – kicking to surface/regular breathing/timing

Swim 25m frontcrawl – kicking to surface/bilateral breathing/timing

Swim 25m breaststroke – pull-breath-kick-glide

Swim 25m butterfly – timing/breathing/arms clear water during recovery for majority of length

Swim 50m continuously using one stroke (keeping style without stress)

Tread water using egg beater action 30secs

### Junior Stage 9 (45mins)

Set lasting 400m 16x25m on turn around time (eg 1min for each 25m)

Swim 400m continuously using one stroke (style to be held throughout swim)

Kick 25m backstroke/breaststroke/butterfly/frontcrawl

Backstroke turn 10m in to 15m out

Breaststroke turn 10m in to 15m out

Butterfly turn 10m in to 15m out

Frontcrawl turn 10m in to 15m out

### Junior Stage 10 (45mins)

Set lasting 800m

Swim 800m continuously using one stroke (style to be held throughout swim)

Swim 100m IM continuously using legal turns

15m underwater kick on front

Backstroke start then butterfly kick underwater until 10m, complete remainder of 25m

Other starts not applicable

### Junior Swim 4 Fitness

This is a training session for swimmers who have completed Stage 10 and are looking to improve their fitness and strokes but do not want to commit to joining a swimming club. The course will run along side our Junior Learn to Swim Programme.



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### Important Information for Parents/Guardians

- We advise that all swimmers wear a hat during their lesson. This is to improve pool hygiene, be identifiable to the Swim Programme, safety & practicality.
- We ask that children should use the toilet, blow their nose and shower before the start of lessons.
- We advise that children that are not toilet trained to wear a swim nappy - these are available to buy from Reception.
- We advise that any swimmer who has been ill in the 48 hours prior to their swimming class should not attend.
- Photographing and filming children during swimming classes or general swimming times is not permitted.
- All parents/guardians must be available during classes should your child need your assistance.
- We advise that children do not play swim before lessons so that they are not tired during classes.
- WHLTC reserve the right to change or cancel a course at their discretion.
- WHLTC reserve the right to replace advertised teachers or amend the programme where unavoidable.
- If due to unforeseen circumstances lessons have to be cancelled by the centre credit notes will be given.
- Refunds will only be given with a doctor's note.

Follow us on Twitter: ActiveNationUK to keep up to date with everything that is happening in the Centre.

### Payment Details

The programme runs for 50 weeks a year continuing through School Holidays and Bank Holidays – we break for 2 weeks over the Christmas period.

Payment needs to be made during the dates given below if not we will assume that you do not wish to continue on the programme.

### Payment Dates for 2010

Mon 7th March – Sat 12th March 2011  
(Covers Mon 28th March – Sat 25th June 2011) 13wks

Mon 6th June – Sat 11th June 2011  
(Covers Monday 28th June – 18th Dec 2011) 12wks

Mon 29th August – Sat 3rd September 2011  
(Covers Mon 20th Sept – Sat 19th Dec 2011) 13wks

Mon 28th November – Sat 3rd December 2011  
(Covers January 2012 onwards)

#### New Swimmers join dates 2011:

NB: Providing there are spaces on the course required, you can join the programme at any time. If there is nothing suitable our open enrolments are on the following dates:

Monday 21st March – time not confirmed

Monday 20th June

Monday 12th September

Monday 12th December

### Email Reminder Service

If you would like to be added to the email payment reminder list please either leave your details at Reception or email [nicky.coates@activenation.org.uk](mailto:nicky.coates@activenation.org.uk)

### Progression

Any swimmer that is ready to move and progress in the Stages will be informed by their Instructor and given a 'Congratulations Slip' which they take to reception to move classes. This can be done at anytime during the course of lessons as our Instructors continually assess and evaluate the development of the skills of each swimmer.

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### Adult Swimming Courses

We offer a range of Adult swimming lessons for beginners, improvers and advanced swimmers.

#### SwimTrain -

The distances are set 2-2.5k on Tuesdays and 2k on Fridays. This is a training session for general fitness, triathlons and as extra coaching for masters swimmers. If you feel you will not be able to complete the whole session you can still join in and take longer rest times between sets to recover.

**Swim4Fitness** is like a gym programme, but for the pool to do when you want to. It helps cardiovascular fitness, resistance and strengthening.

By using the equipment and the programme cards the Swim4Fitness scheme can give you an all round workout, target different muscle groups and is a lot more interesting than swimming from one end of the pool and back again. This session is the cost of a normal adult swim.

[www.swim4fitness.com](http://www.swim4fitness.com)

#### RLSS National Pool Lifeguard

Qualification (NPLQ) This qualification is necessary to work as a lifeguard in any swimming pool throughout the UK, it covers rescue skills, first aid and CPR skills. Applicants must be 16 years + and a strong swimmer. These courses usually take place during school holidays.

#### Intensive/Holiday Courses

4 years + - these courses run for either 4 or 5 days consecutively. These can be used as 'extra' lessons for swimmers already on the programme or for children looking to be introduced to a different or new activity.

Please contact reception for more information and availability.

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