Swim4Life
Swimming Lessons

“Our aim is to provide a quality learning experience for all and to develop skills, techniques and water confidence through a clearly structured lesson programme”

Book your place today!
A lesson is thirty minutes, and is available either on a weekday afternoon or during a weekend.

The programme is structured to follow the ASA (Amateur Swimming Association) National Plan for Teaching Swimming which allows for progression by non-swimmers to become competent swimmers who can display efficient and effective stroke techniques. A programme of intensive Crash Courses is also available throughout most school holidays to support swimmers’ development and offer alternative pool based activities. We would like to thank our Swim4Life partner Ricoh UK Products Limited for sponsoring the programme. Please refer to our current timetable for days and times of lessons.

The Swim4life programme uses the Home portal to enable parents to view their child’s achievements and progress online. Teachers will use a handheld device to record and update children’s attendance, achievement and progress online.
Getting started

Reception will provide you with an enrolment form prior to your child starting lessons. Once the application has been completed you will be allocated a place if one is available. If a place is not immediately available your details will be added to a waiting list and you will be contacted by telephone as soon as a vacant place arises.

What information do I need to apply?

For quick and easy processing of the application we ask you to provide the following information:

Full name, address, telephone number(s) – both daytime and evening, date of birth, TLC number (where applicable), any medical conditions your child may have and bank details will be required to enable sign up to the DD payment option. If any of the information you have supplied changes during your child’s lessons it would be appreciated if you can inform us of the alterations as soon as possible.

What happens if the lesson time is inconvenient?

Should you be unable to attend on a given day, or at a particular time, please contact reception staff who will advise you.
**Payment**

**New swimmers** - payment will be made by monthly direct debit. (A quarterly payment option is available).

**Existing swimmers** - if paying by Direct Debit, payments will continue until you wish to cancel (Terms and conditions apply). If paying quarterly, payment must be received before the commencement of the last lesson of the current paid period.

**Payment can be made in any of the following ways:**

**By monthly Direct Debit**

**Quarterly payments can be made by:** Cash, cheque (payable to Telford & Wrekin Council, supported by valid guarantee card) or Credit or Debit Card

**Telephone by:** Credit or Debit Card

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**What do I do upon arrival?**

**Children must be accompanied by an adult at all times.** Parent/guardians are encouraged to assist children in changing and escort them to the pool entrance. Children must wear appropriate swimwear. Spectators are then asked to make use of the viewing area. Please note that spectators are not permitted on the poolside.

Any new swimmers attending for the first time or progressing to a new lesson please contact reception who will be happy to assist you.

Parents/guardians are kindly asked to ensure that swimmers shower and go to the toilet before commencing a swimming lesson. It is not advisable for swimmers to eat for at least one hour before commencing a swimming lesson. Should a swimmer need to go to the toilet during a lesson, we will make every effort to indicate this to you. However, if we are unable to locate you the swimmer will be sent to the toilet unaccompanied. Please be aware that our staff are unable to take children to the toilet.
How can my child progress?

Progression from each stage is decided upon by the swimming teacher against the assessment criteria. Completion of the assessment criteria does not automatically guarantee progression to the next stage. Parents who have signed up to the Home Portal system, will receive an email informing them of their child’s progression to the next stage and the days and times of the available lessons. Parents may then choose the suitable day and time from the lessons available. Parents who have not signed up to the Home Portal will receive a phone call from the centre informing them of the progression and available lessons.

How do I monitor progress?

Parents who have signed up to the Home Portal system, are able to log online to check their child’s progress. Progress is updated on the site 24 hours following a lesson. Parents who are not on the Home Portal system will need to contact their Leisure Centre reception for information about their child’s progress.
How is the class organised?

Classes are taught by qualified and experienced swimming teachers. The pool area is divided by the use of lane ropes to clearly designate the area appropriate to each class. Swimmers are additionally supervised by a qualified pool lifeguard. In the interests of continuity and quality of teaching, each lesson is assigned one named teacher.

Under normal circumstances, each lesson of that stage will be taught by that teacher. However, due to sickness and holiday commitments it may be necessary at times to provide a different qualified teacher to cover. Every effort is made to keep such instances to a minimum and to inform swimmers in advance of this situation when possible.

What is the lesson content?

The swimmer’s ‘journey through aquatics’ following the National Plan for Teaching Swimming will result in the development of a wide range of skills. These skills are a jigsaw of pieces, and when put together result in a competent, confident and safe swimmer who then has the skill base for then developing technique in a wide range of water based sports.
Under 5 lessons

The Ducklings awards are ideal for children aged 3-5 years and capable of following instructions. This Stage encourages children to move independently within small groups whilst under the close supervision of instructors in the water. The Duckling awards are a perfect starting block for young swimmers to continue and progress into Stage 1 and beyond.

There are 5 Duckling grades to be achieved. Buoyancy aids, such as woggles and shark fins, can be used for grades 1 to 4 as the children learn to float and get used to the water.

By the end of the fifth and final grade the swimmers will be able to achieve the following:
- Jumping into the water
- Submerging
- Floating
- Swimming five metres without aids’
Stage 1

By the end of this stage participants will, with or without aids, equipment or support, be able to:

- Enter the water safely.
- Move forwards, backwards and sideways for a distance of 5 metres.
- Scoop the water and wash face.
- Be at ease with water showered from overhead.
- Move into a stretched floating position using aids, equipment or support. Regain an upright position from both the back and front, with support.
- Push and glide in a horizontal position to or from a wall.
- Take part in a teacher led partner orientated game.
- Demonstrate an understanding of pool rules.
- Travel unaided 5 metres on front
- Travel unaided 5 metres on back
- Exit the water safely.

Stage 2

By the end of this stage participants will, with or without aids, equipment or support, be able to:

- Jump in from poolside safely.
- Blow bubbles a minimum of three times rhythmically with nose and mouth submerged.
- Regain an upright position from both the back and front, without support.
- Push from wall and glide on the back and on the front.
- Travel 10 metres on front and back unaided.
- Perform a rotation from both the front to the back and the back to the front to gain an upright position.
Stage 3

By the end of this stage participants will, without support, be able to:

• Jump in from poolside and submerge.
• Sink, push away from wall on side and maintain a streamlined position.
• Push and glide on the front with arms extended and log roll onto the back.
• Push and glide on the back with arms extended and log roll onto the front.
• Travel on the front, tuck to rotate around the horizontal axis to return on the back.
• Fully submerge to pick up an object.
• Answer correctly three questions on the Water Safety Code.
• Swim 10 metres on either front or back.
• Travel 25 metres on the front or back.
Stage 4

By the end of this stage participants will, without support, be able to:

- Demonstrate an understanding of buoyancy.
- Perform a tuck float for 5 seconds.
- Perform a sequence of changing shapes (minimum three) whilst floating at the surface.
- Push and glide from the wall to the pool floor.
- Kick 10 metres Backstroke, Front Crawl, Dolphin and Breaststroke (both on the back and front).
- Perform, on the back, a head first sculling action for five metres in a horizontal position.
- Travel on the back and roll in one continuous movement onto the front.
- Travel on the front and roll in one continuous movement onto the back.
- Swim 25 metres, choice of stroke is optional.
Stage 5

By the end of this stage participants will, without support, be able to:
• Perform a horizontal stationary scull on the back.
• Perform a feet first sculling action for 5 metres whilst horizontal on the back.
• Perform a sculling sequence with a partner for 30-45 seconds to include a rotation.
• Tread water for 30 seconds.
• Perform three different shaped jumps into deep water.
• Swim 10 metres Backstroke, Front Crawl face in the water, Breaststroke and Butterfly (to ASA standard).
• Perform a handstand and hold for a minimum of three seconds.
• Perform a forward somersault, tucked, in the water.
• Demonstrate an action for getting help.
• Swim 50 metres choice of stroke is optional.

Stage 6

By the end of this stage participants will, without support, be able to:
• Demonstrate an understanding of preparation for exercise.
• Sink, push off on the side from the wall, glide, kick and rotate into Backstroke and also into Front Crawl.
• Swim 10 metres with clothes on.
• Swim Front Crawl, and Breaststroke to include at least six rhythmical breaths.
• Swim Butterfly to include at least three rhythmical breaths.
• Perform a ‘shout and signal’ rescue.
• Perform a surface dive.
• Exit the water without using steps.
• Swim 100 metres choice of stroke is optional.
Stage 7

By the end of this stage participants will, without support, be able to:

- Swim 25 metres Backstroke, Front Crawl, Breaststroke and Butterfly (to ASA standard).
- Perform a movement sequence of one minute duration, in a group of three or more, incorporating a number of skills.
- Perform a sitting dive.
- Swim 50 metres continuously using one stroke.
- Swim 100 metres, using three different strokes.
- Tread water using egg beater action for 30 seconds.
- Complete an obstacle course (using minimum of four objects) with feet off the bottom throughout.
- Swim 200 meters choice of stroke optional
Awards and Crash courses

Lessons are for total beginners through to the more advanced incorporating water confidence and stroke improvement. Lessons will enable children to work towards the ASA distance award badges.

Awards

When your child progresses through the stages, there will be opportunities for you to purchase badges and certificates from your centre reception. Distance award badges will also be available.

Crash courses

Crash courses offer daily lessons and usually take place during school holidays. These are aimed at a range of ability groups and are excellent introductions for non-swimmers.

Why crash courses?

Crash courses have proved extremely popular for a number of reasons: daily tuition; quicker development; shorter timescale; excellent results.

Where do I go next?

Once the swimmer has developed the core range of skills required to be confident, competent and safe in water, they will then have the choice to take part in different aquatic disciplines. Challenge Awards, Rookie Lifeguard and Junior Lifesaving are some of the options. There may also be the opportunity to join one of the local swimming clubs.

Challenge awards

The challenge awards are split into 4 categories Bronze, Silver, Gold and Honours in 60 minute lessons. Your child will be challenged to develop a wide range of skills and stamina, including timed swims. At the end of the Honours award you child will be able to swim a minimum of 500 meters freestyle, enter the water employing a variety of techniques and retrieve objects weighing up to 2kg from a minimum depth of 1.8m.
**Rookie lifeguard (8+ years)**

As a rookie you will learn special lifesaving skills to help you save yourself and know what to do if others get into difficulty in the water. The awards contain survival, rescue and sport skills as well as life support and water safety elements so they are great fun to do.

**Lifesaving (12 years and over)**

Lifesaving awards can be used to increase swimming ability, improve fitness and train lifelong skills that could ultimately save a persons life. All awards are designed to be enjoyable and stimulating and all contain the key survival, rescue and sports skills as well as life support and water safety.

**Disability Lessons**

**Disability swimming lessons**

Telford and Wrekin Leisure are proud to offer Disability swimming lessons for children with additional needs and disabilities. Our instructors use a varied, energetic and creative approach to these lessons, tailored specifically to the needs of the children. A variety of awards are used to encourage swimmers and where possible we work towards them accessing the mainstream lesson programme. Please contact the centres ‘Swim4Life’ co-ordinator for further information on these sessions.
Swimming lessons step by step guide

New Swimmers
1. Parent enquires by telephone, email or in person
2. Parent will need to complete the swimming lesson enrolment form
3. Child will be enrolled on swimming lessons (if there is a space) or enrolled on the waiting list (Parent will be contacted once a space becomes available).
4. Enrolment will be on a direct debit monthly membership or a quarterly payment option
5. Register to the Home portal via www.telfordandwrekinleisure.co.uk to receive updates on child’s lesson progress
6. On attendance of the first lesson the parent is to contact reception to find out the teacher and location in the pool of the lesson.

Existing Swimmer
1. Children will continue in the lessons programme until the parent requests to cancel their lessons
2. Instructors will update the Home Portal on a weekly basis including any progressions.
3. Parents will receive an e.mail asking them to log on to the Home Portal and select an available class for their child to attend.
4. Parents who do not have access to the home portal will need to report to reception to ascertain which class their child is progressing to.
5. Parents who have a direct debit for their child’s lessons, this will continue until they cancel (terms and conditions apply). If paying quarterly, payment must be received before the commencement of the last lesson of the current paid period.
Where to find us:

Abraham Darby Sports & Leisure Centre
Ironbridge Road, Madeley, Telford TF7 5HX
tel: 01952 382770
e-mail: abrahamdarbyleisure@telford.gov.uk

Newport Swimming Pool
Victoria Park, Newport TF10 7LH
tel: 01952 382740
e-mail: newpool@telford.gov.uk

Oakengates Leisure Centre
New Road Wrockwardine Wood, Telford TF2 7AB
tel: 01952 382810
e-mail: oakleisure@telford.gov.uk

Wellington Civic & Leisure Centre
Larkin Way, off Tan Bank, Wellington, Telford TF1 1LX
tel: 01952 382720
e-mail: wellingtonleisure@telford.gov.uk

www.telfordandwrekinleisure.co.uk

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