

Swimming lesson programme April 2019 to March 2020

Geoff Moulder
Leisure Complex



Welcome

Our progressive learn to swim programme starts when your child is just a baby with our baby and toddler lessons right through to adult lessons.

Working with Swim England learn to swim programme, your child/children will progress through stages 1 to 7 with continuation onto stages 8 to 10 delivered by Boston Amateur swimming club.

Children can start the learn to swim programme stages 1 to 7 when they are 4 years old. Adult lessons are for those ages 16 years and over.

Each lesson is 25 minutes in duration and each term varies dependent on school terms. The 2018/19 term dates can be found on page five.

Our children's group stage lessons 1 to 7 are run:

Monday to Friday 4pm - 6pm
Saturday 8am - 10am

Adult lessons available:

Tuesday
8pm - 8.25pm **Beginners**
8.30pm to 8.55pm **Intermediate**

Please note: not all groups are available at all times

Baby and toddler lesson

A half-hour session of exercise and play in the water with a qualified instructor will give your child the opportunity to gain water confidence and prepare for swimming lessons. Toddler group will work towards duckling awards 1 to 4. Sessions are held every Tuesday during school term time:

Babies (4 to 18mths) 9.30am to 10am
Toddlers (19 to 35 mths) 10am to 10.30am
Toddlers (3 to 4 years) 10.30am to 11am

Children must be accompanied by an adult on a 1-2-1 basis.

Babies and children not potty trained must wear a swim nappy. These are available to buy from reception.

£5.40 per session
BOOKING RECOMMENDED

Course fees - adults and children

Four weeks	£17.60
Five weeks	£22.00
Six weeks	£26.40
Seven weeks	£30.80
Eight weeks	£35.20



Enrolment policy

Enrolment for group lessons – adults and children

After the last lesson of each term we have a dedicated enrolment period. You may book onto our lessons in this time. The enrolment period ends the day before the first lessons. For example, if you would like to book lessons on a Tuesday – you will need to book and pay no later than the Monday before (subject to availability).

The term dates can be found on page five.

You will need to visit the leisure pool reception with your/your child's details to be able to book in on our lessons. You will need to complete an enrolment form, giving various information including, full name, address, contact telephone number, medical history and swimming ability. These forms are available on our website www.mybostonuk.com/gmlc or from the reception.

Once we have your details we will issue you with a user membership card and we will hold all the details of who is having swimming lessons on our secure database. This unique card will be needed every time you wish to re-book swimming lesson. Lost cards can be replaced at a cost of £3 per card.

We offer a free swimming assessment for children to ascertain the correct group for their ability – if you wish your child to

have an assessment please arrange this at the leisure pool reception.

We can now book you into the correct group for your abilities. Payment is required on booking.

Re-booking for group lessons – adults and children

If you are already on our swimming lesson programme you will be issued a ticket on one of the last two lessons of the term to state which group you will be in.

Your allocated place will be saved up to the start of the open enrolment period, after which unless you have paid your place will be removed.

If the place allocated for your child is not suitable you may move the booking during our open enrolment period subject to availability.

Payment of lessons can be made at the leisure pool reception in person, over the telephone or online.

To register for online booking please contact reception.

Cancellation policy for group lessons – adults and children

Please inform us if you have decided to cancel your lessons.

To be eligible for a refund or to transfer payment to the next term you must cancel 48 hours before the start of the first lesson.

If you are cancelling after the start of the first lesson, we cannot issue a refund. If you would like to re-start lessons you will have to start the enrolment process again.

Changing swimming lesson time/day

It is not possible to change the time or day of your lesson once the term has started. **You may change times/days after the term has ended and the enrolment period has started.** This allows all those already booked at certain times/days the chance to re-book their slot, subject to availability.

Children's group lessons

On arrival for your first lesson, please get your child changed in the appropriate changing room (over 8s must go in their respective changing area). Use the lockers provided; please **do not** leave belongings on the benches or in the cubicles.

Once changed the child will go into the spectator area where he/she will be let through the gate at the start of their lesson. After the lesson the child must go to their changing room from pool side – please **do not** walk through the spectator area.

Enrolment starts the day after the last lesson of the term and ends the day before the start of the first lesson.

2019/20 term dates

SWIMMING LESSON TERMS										
TERM	OPEN ENROLMENT	START DATE	END DATE	TERM DURATION (WEEKS)						
				M	T	W	T	F	S	S
4	Monday, February 18	Monday, February 25	Sunday, April 7	6	6	6	6	6	6	6
5	Monday, April 8	Tuesday, April 23	Sunday, May 26	3	5	5	5	5	5	5
6	Monday, May 27	Monday, June 3	Sunday, July 21	7	7	7	7	7	7	7
1	Monday, July 22	Monday, September 2	Sunday, October 20	7	7	7	7	7	7	7
2	Monday, October 21	Monday, October 28	Friday, December 20	8	8	8	8	8	7	7
3	Saturday, December 21	Thursday, January 2	Sunday, February 16	5	5	5	6	6	6	6

Adults/1-2-1s/Rookies

Adult lessons

It's never too late to learn to swim. Suitable for beginners, improvers or if you are looking to improve our adult group lessons are ideal.

They are held on a Tuesday night

Beginners 8pm - 8.25pm
Intermediate 8.30pm - 8.55pm

Lessons are 25 minutes in duration and run alongside school terms, therefore vary between four to eight weeks.

Prices for adult group lessons

Four weeks	£17.60
Five weeks	£22.00
Six weeks	£26.40
Seven weeks	£30.80
Eight weeks	£35.20

Please see pages four and five for the enrolment policy.

1-2-1 swimming lessons

We offer 1-2-1 lessons throughout the week between 5.30pm and 7pm Monday to Thursday, taking place in our main leisure pool during general swimming sessions. The teacher is in the water with you and teaches to Swim England's stages 1- 7 criteria and expected standards as our group lessons.

Enrolment for 1-2-1 lessons - adults and children

We still operate a waiting list for 1-2-1 lessons; If you would like to add your name to the list, please complete an application form which can be found on our website www.mybostonuk.com/gmlc or ask for a form at reception.

We will contact you when a space becomes available and offer you a block of six weeks – 25-minute lesson every week at the same time.

We will also require an enrolment form for the person having the lessons and will issue a user membership card – all the details will be held on our secure database. You will need this membership card with you every time you book your next lesson. Lost cards are replaced at a cost of £3 per card.

Cancellation policy for 1-2-1 lessons

Please call the leisure pool reception on 01205 363483 ext 2 before 10am on the day of the lesson. Any lessons cancelled after this time cannot have their payment transferred.

£17.50 per lesson is payable one week in advance.

ROOKIE LIFEGUARD

RLSS UK

Rookie Lifeguard Club

Our Rookie Lifeguard Club is aimed at those eight years and over who are interested in lifeguarding and lifesaving.

Working through the Royal Lifeguard Saving Society (RLSS) Rookie Syllabus you will learn all the skills of a lifeguard and how to stay safe in and around water.

Learn first-aid skills and teamwork in this fun session.

Sundays 9am to 10.30am

Minimum eight years old and must have achieved 50-metre badge in stage 7.

Prices for both rookie lifeguard and survive and save

Four weeks	£28.00
Five weeks	£35.00
Six weeks	£42.00
Seven weeks	£49.00
Eight weeks	£56.00



Survive and Save

Survive and Save programme is the lifesaving awards programme for teens 12 to 15 years. The programme is a progression from the RLSS rookie lifeguard. The awards are challenging but fun to complete and they are arranged into Bronze, Silver and Gold levels to ensure that you continue to develop your lifesaving skills as you progress through the awards.

The awards teach lifesaving rescue, self-rescue, survival, and lifesaving sport skills, and also develop swimming ability and fitness.

Sundays 10.30am to 12noon

Assessment award £16.00



Swimming lesson groups

Swim Awards 1 to 7

The Learn to Swim Awards 1 to 7 are divided into progressive stages. They make up the core, national syllabus of learning to swim for primary school aged children.

They are designed to reward your child for their development of the essential aquatic skills they need to be confident, competent and safe in the water.

Each of the Learn to Swim Awards 1 to 7 stages has a list of clear outcomes that need to be completed in order to gain each award.

Little Snapper (Stage 1)



By completing this with or without floatation equipment or support, you will be able to:

1. Enter the water safely.
2. Move forward for a distance of 5 metres, feet may be on or off the floor.
3. Move backwards for a distance of 5 metres, feet may be on or off the floor.
4. Move sideways for a distance of 5 metres, feet may be on or off the floor.
5. Scoop the water and wash the face.
6. Be comfortable with water showered from overhead.
7. Move from a flat floating position on the back and return to standing.
8. Move from a flat floating position on the front and return to standing.
9. Push and glide in a flat position on the front from a wall.
10. Push and glide in a flat position on the back from a wall.
11. Give examples of two pool rules.
12. Exit the water safely.

Starfish (Stage 2 & 5 metres)



By completing this with or without floatation equipment or support, you will be able to:

1. Jump in from poolside safely to a minimum depth of 1.0 metre.
2. Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged.
3. Move from a flat floating position on the back and return to standing without support.
4. Move from a flat floating position on the front and return to standing without support.
5. Push from a wall and glide on the back – arms can be by the side or above the head.
6. Push from a wall and glide on the front with arms extended.
7. Travel using a recognised leg action with feet off the pool floor on the back for 5 metres, without the use of floatation equipment.
8. Travel using a recognised leg action with feet off the pool floor on the front for 5 metres.
9. Perform a tuck to rotate from a flat floating position on the front, to a back floating position, then return to standing.
10. Perform a tuck to rotate from a flat floating position on the back, to a front floating position, then return to standing.
11. Perform a log roll from the back to the front.
12. Perform a log roll from the front to the back.
13. Exit the water without support.

Frogs (Stage 3 & 10 metres)



By completing this without floatation equipment or support, you will be able to:

1. Jump in from poolside and submerge to a minimum depth of 1.0 metre.
2. Sink, push away from wall and maintain

a streamlined position.

3. Push and glide on the front with arms extended and log roll onto the back.
4. Push and glide on the back with arms extended and log roll onto the front.
5. Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back.
6. Fully submerge to pick up an object.
7. Correctly identify three of the four key water safety messages.
8. Push and glide and travel 10 metres on the back.
9. Push and glide and travel 10 metres on the front.
10. Perform a tuck float and hold for three seconds.
11. Exit the water without using steps.

Swans (Stage 4)

By completing this without floatation equipment or support, you will be able to:



1. Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating.
2. Push and glide from the wall towards the pool floor.
3. Kick 10 metres backstroke (one item of equipment optional).
4. Kick 10 metres front crawl (one item of equipment optional).
5. Kick 10 metres butterfly on the front or on the back.
6. Kick 10 metres breaststroke on the front (one item of equipment optional).
7. Perform a head first sculling action for 5 metres in a flat position on the back.
8. Travel on back and log roll in one continuous movement onto front.
9. Travel on front and log roll in one continuous movement onto back.
10. Push and glide and swim 10 metres, choice of stroke is optional.

Penguins (Stage 5)



By completing this you will be able to:

1. Perform a flat stationary scull on the back.
2. Perform a feet first sculling action for 5 metres in a flat position on the back.
3. Perform a sculling sequence with a partner for 30-45 seconds to include a rotation.
4. Tread water for 30 seconds.
5. Perform three different shaped jumps into deep water.
6. Push and glide and swim 10 metres backstroke
7. Push and glide and swim 10 metres front crawl
8. Push and glide and swim 10 metres breaststroke
9. Push and glide and swim 10 metres butterfly
10. Perform a handstand and hold for a minimum of three seconds.
11. Perform a forward somersault.
12. Demonstrate an action for getting help.

Seals (Stage 6 & 25 metres and personal survival 1)



By completing this you will be able to:

1. Give two examples of how to prepare for exercise and understand why it is important.
2. Sink, push off on side from the wall, glide, kick and rotate into backstroke.
3. Sink, push off on side from the wall, glide, kick and rotate into front crawl.
4. Swim 10 metres wearing clothes.
5. Push and glide and swim front crawl to include at least six rhythmical breaths.
6. Push and glide and swim breaststroke to

Swimming lesson groups (continued)

- include at least six rhythmical breaths.
7. Push and glide and swim butterfly to include at least three rhythmical breaths.
 8. Push and glide and swim backstroke to include at least six regular breaths.
 9. Push and glide and swim 25 metres, choice of stroke is optional
 10. Perform a 'shout and signal' rescue.
 11. Perform a surface dive.

Dolphins (Stage 7 & 50 metres and 100 metres)



By completing this you will be able to:

1. Push and glide and swim 25 metres backstroke.
2. Push and glide and swim 25 metres front crawl.
3. Push and glide and swim 25 metres breaststroke.
4. Push and glide and swim 25 metres butterfly.
5. Perform a movement sequence (linking skills with strokes and sculls) of one minute duration, in a group of three or more, incorporating a number of the following skills: Sculling: head first, feet first
Rotation: forward or backward somersault, log roll
Floating: star on the front or on the back, tuck float, create own
Eggbeater: Moving, lifting one or both arms out of the water.
6. Perform a sitting dive or dive.
7. Push and glide and swim 50 metres continuously using one stroke.
8. Push and glide and swim 100 metres, using a minimum of three different strokes.
9. Tread water using eggbeater action for 30 seconds.
10. Complete an obstacle course (using minimum of four objects) with feet off the

pool floor throughout.

All swim strokes must be performed to Swim England expected standards.

Once your child has completed stage 7 of the swimming lessons they continue with stages 8 to 10 which are delivered by the Boston Amateur Swimming Club (BASC). Training session times/days can be found on the BASC notice boards at the leisure complex.

Learn to Swim – Stage 8

By completing this you will be able to:

1. Complete a set lasting 400 metres (e.g. 16 x 25 metres, 8 x 50 metres, 4 x 100 metres) on a specific turnaround time agreed by the teacher or coach (e.g. 1.00 minutes for each 25 metres) with a focus on stroke technique and consistency.
2. Swim 400 metres continuously using one stroke.
3. Push and streamline then kick 25 metres backstroke with or without using a board.
4. Push and streamline then kick 25 metres breaststroke with or without using a board.
5. Push and streamline then kick 25 metres butterfly without using a board.
6. Push and streamline then kick 25 metres front crawl with or without using a board.
7. Perform a backstroke turn from 10 metres in to 15 metres out.
8. Perform a breaststroke turn from 10 metres in to 15 metres out.
9. Perform a butterfly turn from 10 metres in to 15 metres out.
10. Perform a front crawl turn from 10 metres in to 15 metres out.
11. Perform a dive track or grab start, and kick butterfly underwater in a streamlined position for 5 metres

with the focus on progressing it to 10 metres.*

*Delivery will depend on the pool design and facilities available.

Stage 9

By completing this you will be able to:

1. Complete a set lasting 800 metres (either 16 x 50 metres, 8 x 100 metres, 4 x 200 metres) on a specific turnaround time as agreed by the teacher or coach (e.g. 1.30 minutes for 50 metres) with a focus on stroke technique and consistency.
2. Swim 800 metres continuously using one stroke.
3. Swim a continuous 100 metre individual medley (4 x 25 metres) using recognised turns with a focus on stroke technique and consistency.
4. Perform a 15 metre underwater kick on front from a push and glide in a streamlined position.
5. Perform a backstroke start then butterfly kick in a streamlined position underwater up to a maximum of 15 metres from the start point (wall). Transfer into stroke and complete the remainder of the 25 metres.*
6. Perform a front crawl start then kick in a streamlined position underwater up to a maximum of 15 metres from the start point (wall). Transfer into stroke and complete the remainder of the 25 metres.*
7. Perform a butterfly start then kick in a streamlined position up to a maximum of 15 metres from the start point (wall). Transfer into stroke and complete the remainder of the 25 metres.*
8. Perform a breaststroke start then perform a one and a half pull underwater. Transfer into stroke and complete the remainder of the 25 metres.*

*Delivery will depend on the pool design

and facilities available.

Stage 10

By completing this you will be able to:

1. Complete a set lasting 1600 metres (either 16 x 100 metres, 8 x 200 metres, 4 x 400 metres) on a specific timed turnaround set by the teacher or coach (e.g. 2.30 minutes for 100 metres), focus on stroke technique and consistency.
2. Swim 1500 metres continuously using one stroke.
3. Perform a continuous 100 metre individual medley kick (4 x 25 metres) without using a kick board.
4. Swim a continuous 200 metre individual medley (4 x 50 metres) using recognised turns.
5. Perform a front crawl relay take over – as an incoming swimmer.
6. Perform a front crawl relay take over – as an outgoing swimmer.

BIRTHDAY PARTIES!

Visit
[www.mybostonuk.com/
gmlc](http://www.mybostonuk.com/gmlc)

A pool party complete
with inflatable and
activity room for fun
and games

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Details and prices were correct at time of going to press. Boston Borough Council reserves the
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