

## LEVELS AIMS AND OBJECTIVES

### Early Years Programme - Adult & Baby/Child (0 - 3 years)

Develop core aquatic skills through structured play, and develop independence necessary for next level without a guardian present.

- Demonstrate independent movement and a range of core aquatic skills
- Develop confident breathing and submersion
- Interaction with other adults and children
- Listen to instruction and have less reliance on adult support

### Learn to Swim Programme - Pre-School (3 - 5 years)

Become water confident and develop core aquatic skills without adult assistance.

- Introduce non-swimmers to water and establish an understanding of safety
- Develop and progress water confidence
- Establish an understanding of basic core aquatic skills
- Encourage independent movement
- Develop skills through enjoyment, fun and self-discovery

### Learn to Swim Programme - Swim Skills 1

Further develop water confidence and develop core aquatic skills without aids

- Develop confidence and ability to perform a wide range of core skills without buoyancy aids
- Develop the basic technique of four strokes
- Introduce the basic technique of sculling
- Develop balance and buoyancy

### Learn to Swim Programme - Swim Skills 2

Increase competency of core aquatic skills and develop basic stroke technique.

- Introduce and progress new core aquatic skills
- Develop stroke technique to include all four strokes
- Introduction to diving
- Develop awareness through a variety of core aquatic skills

### Learn to Swim Programme - Swim Skills 3

Introduce advanced stroke technique.

- Further develop competency in all four strokes
- Development of diving
- Further develop Butterfly and Breaststroke aiming to achieve legal technique

### Learn to Swim Programme - Swim Skills 4

Improve quality of stroke technique, introduce multi-aquatic skills/disciplines and basic lifesaving skills.

- Demonstrate competent technique in all four strokes
- Introduce lifesaving skills and basic aquatic discipline skills
- Provide basic skills to enable progression in to all aquatic disciplines including life saving

### Learn to Swim Programme - Club Ready

Improve and maintain stroke technique over distance, and develop basic training and race skills producing a swimmer who is 'Club Ready'.

- Advance swimming stamina in all four strokes while maintaining technique
- Improve efficiency in all four strokes
- Develop turn technique for all four strokes
- Knowledge and understanding of club training practices



## WHAT TO EXPECT

### Our Swim Staff

Our teachers are qualified and receive regular ongoing training in order to support every child as they learn the life skill of swimming. We use the Scottish Swimming National Framework across all 12 facilities in the city.

Swimming Co-ordinators manage our swimming programmes. If you wish to contact your local Swimming Co-ordinator, contact details are available from venue receptions or on our website.



### Learn 2

Our Swim Lesson management system 'Learn 2' allows you to easily book, manage and view progress within our programme.

Swimming teachers will use a handheld tablet throughout the lesson, recording your child's progress which can be

Our web-based Home Portal enables you to track progress easily, as well as make payments online. We only require an email address to set this up and gain access.

If you need to update any of your details, please speak to our reception staff or your local Swimming co-ordinator.

## HOW TO JOIN

Joining is easy, please contact the venue of your choice and speak to our reception team who can assist you getting started in our programme. You can join lessons at any point throughout the year and progress whenever you reach the required skill level.

## PAYMENT OPTIONS

We have two simple payment options as shown below:

### **Direct Debit Membership**

Spread the cost of lessons over the year - 12 monthly payments.

Benefits of Direct Debit include:

- Pay for 45 and we will deliver up to 48 lesson per year (up to 3 free lessons)
- No queueing to rebook - your child will remain in their class until they are ready to progress to the next level
- Access to our online Home Portal to keep track of your child's progress
- Personalised certificate when you progress level
- 1 Family Swim each month (2 adults and up to 3 children).

Full price - £24 per month  
 Kidz Card - £23 per month  
 Concession - £17 per month

### **Top-up Membership**

Pay in instalments; for customers who would like to continue paying by cash. Lessons must be purchased in multiples of 10 and are also available as an annual term (48 weeks)

Benefits of Top Up include:

- Access to our online Home Portal to keep track of your child's progress and purchase Top Up credits
- No queueing to rebook - your child will remain in their class while your Top Up credits are active
- Personalised certificate when you progress level

Full price - £6.40 per lesson  
 Kidz Card - £6.15 per lesson  
 Concession - £4.50 per lesson

An agreement form will be required for either of the above payment options, if you are entitled to either the Kidz Card or concession discounts please ensure you bring the appropriate proof with you to join.

