

Further Information

Please inform us of any medical or behaviour issues which may affect your child's learning at the time of booking and during their time at the Swim School.

Refunds are not available under normal circumstances. A copy of the refunds policy is available upon request.

Children under 8 years of age must be accompanied by a responsible adult at all times.

Children under 8 only can accompany a parent/guardian of the opposite sex into their changing room if necessary.

Parents and guardians are responsible for the supervision of their children in the changing rooms and pool waiting areas.

The use of mobile phones, cameras and videos is not permitted in the pool and changing areas

Spectators limited to one person per child. You are encouraged to stay in the waiting area outside the pool. We cannot accept pushchairs in the pool area.

Spectators must remove outside shoes on the pool side.

Pool users are advised to keep a pair of shoes on the poolside in case of emergency evacuation

Pupils may be asked to use the full depth of water (1.8m) in practice situations. Please advise us if this is not suitable for your child.

Children should not wear any items of jewellery or watches for their swimming lessons. Long hair must be tied back or swimming cap worn.

The use of goggles is not advised. Where parent/guardians require their use they are responsible for advising their child of the risks involved in using goggles. For certain activities teachers may require their removal.

Distance Badges beyond 100 metres are NOT included in the normal programme, additional sessions will be advertised for these awards.

There is an additional charge for the awards described—£2.00 each.

Suggestions - no matter how small suggestions for improvement are always welcome. Inform the receptionist, fill in a comments form or contact the main office.

All details are subject to change.

The Programme

Mon	16.00 -16.30	Beginners, Improvers & Intermediates 3
Mon	16.30 -17.00	Pre Beginners, Improvers & Intermediates 1
Mon	17.00 - 17.30	First Steps & Pre Beginners
Mon	17.30 - 18.00	Pre Beginners & Beginners
Tues	16.00 -16.30	Pre Beginners & Beginners & Intermediate 1
Tues	16.30 -17.00	Pre Beginners, Improvers & Intermediates 1
Tues	17.00 -17.30	Pre Beginners, Improvers & Intermediates 2
Tues	17.30 -18.00	Pre Beginners & Beginners
Tues	18.00 -18.30	Pre Beginners, Beginners & Intermediates 1
Tues	18.30 -19.00	Pre Beginners & Improvers
Wed	16.00 -16.30	Pre Beginners, Improvers & Intermediates 1
Wed	16.30 -17.00	Pre Beginners, Beginners & Intermediates 2/3
Wed	17.00 - 17.30	First Steps and Pre Beginners
Wed	17.30 - 18.00	Pre Beginners, Beginners and Intermediates 1
Wed	18.00 - 19.00	Advanced Lifesaving
Thurs	16.00-16.30	First Steps, Pre Beginners & Intermediates 2
Thurs	16.30 -17.00	Beginners, Intermediates 1 & Pre-Beginners
Thurs	17.00 -17.30	Beginners, Improvers & Intermediate 1
Thurs	17.30 - 18.00	Pre Beginners & Beginners
Fri	16.00 -16.30	Pre Beginners & Beginners
Fri	16.30 -17.00	First Steps, Improvers & Intermediates 2
Fri	17.00 -17.30	Pre Beginners, Improvers & Intermediates 1
Fri	17.30 -18.00	Pre Beginners, Beginners & Intermediates 2
Fri	18.00 -18.30	Beginners, Improvers & Intermediate 2
Fri	18.30 -19.30	Water Skills, Advanced
Sat	9.30 -10.00	Pre Beginners x 2
Sat	10.00 -10.30	Pre-Beginners & Improvers
Sat	10.30 -11.00	Pre Beginners, Beginners & Intermediates 2/3
Sat	11.00 -11.30	First Steps, Pre Beginners & Intermediates 1
Sat	11.30-12.00	Pre Beginners, Beginners & Rookie (11.30-12.30)
Sat	12.30-13.30	Life Saving
Sat	14.30 -15.00	Beginners & Intermediate 2/3 & First Steps
Sat	15.00 -15.30	Improvers, Intermediates 1 & First Steps
Sat	15.30 -16.00	Pre Beginners & Intermediate 1
Sat	16.00 -16.30	Pre Beginners & Intermediates 2
Sat	16.30 -17.30	Advanced
Sun	10.30 -11.00	Pre Beginners & Beginners
Sun	11.00-11.30	Pre Beginners x2
Sun	11.30 -12.00	Intermediates 1 & Beginners
Sun	12.00 -12.30	Improvers & Intermediates 2
Sun	12.30 -13.00	Beginners & Pre Beginners



Swim School 2011-2012

Learning4Life
The Wordsley School,
Brierley Hill Road,
Wordsley,
Stourbridge,
West Midlands
DY8 5SP

Main Office: 01384 816043

Fax: 01384 816031

e-mail: studentservices@learning4life.co.uk

website: www.learning4life.co.uk

Office Opening Times
Mon - Fri 9.00 - 13.00 (except bank holidays)

Term Dates

Term One	Mon 5th Sept '11 – Sun 18th Dec '11 (Exc. Mon 24th Oct–Sun 30th Oct '11)	All days 14 Wks
Term Two	To be confirmed	
Term Three	To be confirmed	

Enrolment Procedures

By Telephone:

If you have a credit or debit card telephone 01384 816043 Mon-Fri 09:00-13:00

In Person:

Call into the centre. Mon-Fri 09:00-13:00

If you are interested in joining for the first time check availability before you enrol. Enrolments are not taken at the pool

Fees

Please Note: 28 min lesson plus 2 mins for changeover.

	Sept '11	Jan 2012	Jan 2012	April 2012	April 2012
	14 Wks	TBA	TBA	TBA	TBA
First Steps & Pre Beginners	£56.70				
All other 28 min.	£49.00				
60 min. Lessons	£61.60				

No Concessions.

Course Information

First Steps

Minimum age 3 years. The course provides familiarisation activities to develop confidence and preliminary skills with buoyancy aids. Awards: Stanley 1, Stanley 2, Stanley 3, Stanley 4 and Stanley 5

Pre-Beginner.

Minimum age 4 1/2 years. Suitable for children unfamiliar with swimming pools and/or dependent on buoyancy aids. Provides familiarisation activities and skills to develop floatation and propulsion without aids. Awards: Octopus 1 and 2 and 5m

Beginner.

Minimum age 4 1/2 years. Must be able to swim a short distance (5 m). The course provides skill development on front strokes and back crawl. Awards Octopus 3, Goldfish 1

Improver.

Must be able to swim 5m on a front stroke and 5m back crawl. The course helps to improve aquatic skills and stamina. Awards Kingfisher 1, Goldfish 2, Kingfisher 2, Goldfish 3 and 15m.

Intermediate 1.

Must be able to swim 15m on a front stroke and 15m back crawl. The course develops confidence in deep water and front crawl breathing action. Awards Beaver 1, Angelfish 1, Kingfisher 3, Angelfish 2

Rookie Lifeguard

Minimum age 8 years. Must be confident in deep water and able to swim 20m on a front stroke and 20m back crawl. Develops endurance, survival and life saving skills. Awards Bronze, Silver and Gold Stages 1,2 and 3 For more information see <http://www.lifesavers.org.uk/rookie/> and <http://www.awardscentre.org/about-asa-awards/?Page=Rookie+Lifeguard>

Intermediate 2.

Must be able to swim in deep water, 20m on a front stroke and 20m back crawl. The course helps to build stamina and endurance. Awards Beaver 2, Angelfish 3, Seal 1, Shark 1

Intermediate 3.

Must be able to swim 50m on a front stroke and 25m on back crawl. The course develops competence on all four strokes. Awards Beaver 3, Shark 2, Seal 2, Shark 3, Seal 3

Advanced Swimmer.

Must be able to swim all four strokes (25m) and a front and back stroke for 100m. The course develops swimming skills, speed and stamina. Awards Bronze, Silver, Gold and Platinum.

Water Skills.

Must be able to swim all four strokes (25m) and a front and back stroke for 100m. The course develops survival and rescue skills. Awards Bronze, Silver, Gold and Platinum.

Life saving.

Minimum age 10 years. Must be able to swim in deep water, 20m on a front stroke and 20m back crawl. Develops water safety principles and performance of survival skills, land and water based, non contact and contact rescues, resuscitation techniques and the demonstration of initiative in emergency situations. Awards - Lifesaving 1,2 and 3 and Bronze Medallion

Advanced Lifesaving.

For students who have achieved their Bronze Medallion. Students will train towards their RLSS Award of Merit and Life Support 3 Award. Students can progress to the RLSS Probationary Assistant Teacher Award, Full Assistant Teacher Status and/or Pool Lifeguard Award. Those holding the award will be able to practice and refine their skills, until they are able to be fully qualified and practising lifeguard or teacher.

Learning4Life Swimming Progression Steps

Potential route to the development of leadership of skills and work based opportunities as a swim teacher or life guard

Advanced Lifesaving

Lifesaving

Rookie Lifeguard

Water Safety Skills

Advanced Swimmer

Intermediates 3

Intermediates 2

Above Intermediate 1 standard, options are dependent on age and interest

Intermediates 1

Improvers

Beginners

Pre Beginner

First Steps

Competitive swimming at Local swimming clubs.

Use aquatic skills for life For fitness, fun and further adventures i.e. canoeing, scuba, sailing, surfing etc.etc.

Basic Aquatic Skill Development

Min age 3 years

Min age 4.5 years

Min age 8 years

Min age 10 years