



## **Contents**

Introduction to the Scheme

Scope of the Scheme

Award Structure

Administration of the Scheme

Timetable of Swimming Lessons

Advice to Parents

## Introduction to the Swim Hartlepool Learn to Swim Programme

Welcome to the Hartlepool Swimming Development Scheme.

If you are about to join the scheme or have already joined you have made the right decision for your child because the scheme offers the best available standards of tuition and coaching. Most children together with their parents can read this information and find out where you fit in the scheme, what you can do next and what other activities there are on offer.

The most important aspect of the scheme is that you enjoy whatever you do in the water and that within the scheme you can progress as far as you wish and your abilities take you.

The Scheme was launched in November 2006 at Mill House Leisure Centre and as part of ongoing improvement and ensuring all that the ASA produces is in line with current thinking. A review has taken place resulting in a revised product which is keeping pace with the needs of the sport. The revised National Plan for Teaching Swimming (NPTS) takes the non-swimmer on a journey, from the first splash to developing confidence and competence in the water.

The revised NPTS has 7 core stages after Foundation (developing early years water confidence in sessions such as Adult and child) which develop FUNdamental movement skills and is a Framework for Learn to Swim. There is more emphasis on FUN and GAMES to help children to learn to swim. Participants are required to **complete All outcomes at each stage in order to pass the Award**

Once the swimmer has developed the core range of skills, the swimmer may then have the choice to take part in different aquatic disciplines (dependant on pool time and qualified coaches).

Stages 8-10 are as follows:

- Competitive swimming
- Diving
- Synchronised swimming
- Water polo
- Rookie Lifesaving

It is vital to the success of Swim Hartlepool that you are entirely satisfied with the teaching and the lessons provided and understand exactly what options are on offer.

If you have questions please ask your local pool, or contact me directly to discuss your individual needs and aspirations.

## **The Scope of the Scheme**

Swim Hartlepool is designed to offer the best instruction and coaching in almost every water related activity. It opens the possibility of attending Adult and Child Classes to start the very young on the road to confidence in the water.

It develops skills so that holidays by the water can be more enjoyable and safer.

It also offers the opportunity to become involved with competitive swimming from Foundation to Excellence.

The watchwords of the scheme are:

**PROGRESSION**  
**DEVELOPMENT**  
**EXCELLENCE**

### **PROGRESSION**

The scheme is based on the asa revised National Plan for Teaching Swimming. As classes are undertaken the Schemes of Work are set to the best quality standards. Each class leads onto another Stage as the awards are gained.

### **DEVELOPMENT**

Classes in all disciplines run to a published timetable. They are run on twelve week blocks and swimmers have the chance to purchase a Badge/Certificate when they have met the relevant award criteria.

### **EXCELLENCE**

Within Swim Hartlepool we provide a competitive element, with opportunities to progress to a much higher level of competition by becoming a member of the established and much recognised Hartlepool Swimming Club.

**Swim Hartlepool Award Structure  
National Plan Swimming Stages  
The child has passed to the next Stage  
if they fulfil the criteria CONSISTENTLY**

**The following is an example of some of the content which the child is expected to pass on each Stage**

<b>Stage 1</b>	<p><b>Non Swimmers – 13 outcomes</b> Entry/exit safely. Confident movement in Water and able to cope with water on face. Floating, regain upright position from back/front with support, Push &amp; glide, partner games and demonstrate an understanding of pool rules.</p>
<b>Stage 2</b>	<p><b>Non Swimmers who have previously attended lessons 10 Outcomes</b> Jump in safely, Blow bubbles, Regain upright position from Back/front – no support, Push &amp; glide front/back. Travel 5metres front/back. Turn from front to back &amp; vice versa and gain upright position.</p>
<b>Stage 3</b>	<p><b>9 Outcomes</b> Jump from poolside &amp; submerge, glide sideways glide turning from front to back, glide into somersault, pick up objects, Travel 10 metres on back &amp; front. Answer 3 questions on the Water Safety Code</p>
<b>Stage 4</b>	<p><b>13 Outcomes</b> Demonstrate an understanding of Buoyancy, tuck float, changing floating shapes, Push &amp; glide from wall to pool floor, Kick 10 metres Front crawl, Backstroke, Butterfly on front/back, Head first sculling, Roll from front to back, Swim 10 metres own choice of stroke</p>
<b>Stage 5</b>	<p><b>12 Outcomes</b> Horizontal stationary scull on back &amp; feet first sculling, Sculling sequence with partner include rotation. Tread water – 30 seconds, 3 different jumps, 10 metres Backstroke, Front crawl face in water, Breaststroke, Butterfly, Perform a Handstand &amp; hold for min. 3 seconds Perform a forward somersault, Demonstrate an action for getting help.</p>

<b>Stage 6</b>	<b>11 Outcomes</b> Demonstrate an understanding of preparation for exercise, Sink, push off on side & rotate to Backstroke/Frontcrawl. Swim 10 metres with clothes on, Frontcrawl/ Breaststroke/Butterfly breathing 25 metres choice of stroke, Perform a “shout & signal rescue, Perform a surface dive, Exit water without steps.
<b>Stage 7</b>	<b>10 Outcomes</b> Swim 50 metres Backstroke/Front crawl/ Breaststroke/ Butterfly, Perform a movement sequence in a group of 3 including sculling ,rotation, log roll, star & tuck floating shapes on back/front – create own. Eggbeater kick, perform a sitting dive, Swim 50 metres continuously using 1 stroke, Swim 200metres using a min. of 3 different strokes, Tread water using egg beater kick, Complete obstacle course (min 4 objects.
<b>Stages 8/9/10</b>	<b>All Dependent upon a Teacher qualified to take the stage and pool time &amp; space</b> Competitive Swimming, Flip'n'fun – Diving Aquafun – Synchronised Swimming Mini Polo – Water Polo Rookie Lifeguard .
<b>Badges</b>	These can be purchased at reception. Prices may rise in the next financial year.

## **Administration of the Scheme**

The purpose of these notes is to provide certain information in relation to key aspects of the scheme.

### **Waiting Lists**

There is always a high demand for Swimming Lessons. We have tried to add extra lessons to combat this. As a result some lessons may be over subscribed and therefore waiting lists may exist, despite our best efforts to keep them as short as possible. Therefore newcomers to the Lesson Programme may find it necessary to join a waiting list.

For a variety of reasons places may become available at the beginning and at the end of the course. When places become available, people on the waiting list for that class are contacted with an offer of a place. We always begin at the top of the waiting list ensuring those who have been waiting the longest are contacted first. We appreciate that occasionally there may be reasons for the offer of a place on a course not being accepted. If this happens, you are given the opportunity to keep your place on the waiting list. When another place becomes available, you will again be contacted. Class times and dates are posted on the notice board in the foyer at the centre, as is the date for booking the next course.

### **Course Structure and Progression**

The lesson Programme is structured to encourage optimum development of the pupil's ability. The diagram inside the front cover shows how you can progress through the scheme.

The progress of a non-swimmer to advanced swimmer is enabled by high quality teaching and the asa National Plan for Teaching Swimming with progressive awards. Progress through the system is governed purely by the pupils swimming ability, as assessed by the Teachers. In all assessments the appraisals made by the Teachers are final.

Blocks of lessons run for 12 consecutive weeks, excluding Christmas holidays and part of the Summer Holidays.

A successful award will be noted on a form which will be given to your child at the end of the block.

The award will be available for purchase from reception.

The teachers are very carefully trained and briefed about the acceptable standards for each award so that everyone achieving an award is very capable of the tasks required.

Upon completion of the awards within the stages he/she will be recommended to progress to the next stage.

All outcomes have to be completed competently and to the satisfaction of the teacher before your child can be moved to the next stage.

On week 9 the parent will be given an Evaluation Sheet showing the progress of your child and stating which class he/she will be moving to in the next block.

From week 10 those children who are staying in the same class and the same day can book their place.

On week 11 those children who are changing class can book their place.

On week 12 new children can book a place

All those who book a place on the lessons must complete a Medical Form. If you have already done so a new one will be issued on booking for the lessons which start after the summer holidays.

## Payment of Lessons

The courses run in cycles of 12 week blocks with those in the learner pool 30 minutes long and some in the main pool 45 minutes long.

Full payment for the complete block of 12 lessons must be paid to enrol your child and secure a space within the lessons.

**N.B.** Telephone bookings can **NOT** be accepted.

Cheque payments must be backed up with a cheque guarantee card. Enrolment is subject to availability on a first come first serve basis and existing swimmers must present their booking form (received from the Teacher) when re-enrolling.

Customers wishing to cancel their enrolment place will not be entitled to a refund, unless their place is resold.

If you are already on a course of lessons, enrolments for the following 12 weeks course take place from the **TENTH** week (subject to whether the child is not changing class or day) of the current course unless otherwise stated. If your twelve week block contains a public holiday or the Teacher is absent for any reason and a replacement teacher not found the price of the course will be adjusted.

Enrolment dates are on show throughout the centre. Please note that charges for the Swimming Schemes are reviewed annually.

Please see you Swimming Pool for price details.

## Advice on Swimming Skills for Parents/Guardians

The following details some points for you to help practice with your child to improve their swimming technique.

### FRONT CRAWL – GOOD TECHNIQUE

**Body Position** Flat streamlined close to the surface. Waterline at forehead.

**Legs**

Straight, close together, toes pointed and relaxed, kicking from the hips, using a continuous alternating kick.

**Arms**

Continuous alternating action, high elbow, thumb first entry stretching arm on entry – S shaped pull to the hips

**Breathing** Turn head to the side to breathe to both sides or every 3 arm pulls.

### BREASTSTROKE – GOOD TECHNIQUE

**Body Position** As flat as possible with hips slightly lower than frontcrawl

**Legs**

Simultaneous action bringing the heels to hips using turned out foot position to drive backwards

**Arms**

Symmetrical/Simultaneous action that does not take the hands beyond the shoulder.

**Breathing** Each breath taken on the propulsive phase of the pull, when the head is highest, with an exhalation on the recovery as the hands stretch forward.

**Timing** Pull, breathe, kick, glide

### BACKSTROKE – GOOD TECHNIQUE

**Body Position** Flat streamlined,

**Legs**

Continuous alternating action, the kick coming from the hips. Legs as straight as possible and toes pointed inwards.

**Arms**

Continuous alternating action. Straight arm recovery. Arm entry – little finger first – between head & shoulders.

**Breathing** Controlled and regular.

**Timing** No pause in arm action

### BUTTERFLY – GOOD TECHNIQUE

**Body Position** Flat streamlined undulating from head to feet.

**Legs**

Simultaneous kick initiated at the hips – legs close together and feet pointed.

**Arms**

Hands enter shoulder width apart. Simultaneous action – keyhole shape under water. Out of water recovery.

**Breathing** Breath every 2 arm cycles

**Timing** Arm entry on first kick. Arm exit on second kick. Breath just before hands exit the water.