Hartlepool Borough Council
Learn to Swim

Enrolment and Introduction to On Course HomePortal
Hartlepool Borough Council
Learn to Swim Pathway

Start Date of lesson delivery:
Week Commencing Monday 14th September 2015

Enrolment Dates: Existing members enrolment will commence on Monday 24th August 2015
New members enrolment will commence on Tuesday 1st September 2015

Contact Mill House Leisure Centre

- Contact Mill House Leisure Centre to book your child onto Swimming Lessons. Bookings and payments can be made over the phone therefore if it is more convenient to do this please call Mill House Reception on 01429 223791. If you need to set up a direct debit or complete a personal details form then you will need to come to Mill House Leisure Centre to complete these and hand them in.

Membership and personal details

- If your child is an existing member you need to complete the Personal Information Form (Appendix 1) as all participants on the Learn to Swim Programme will be assigned a membership card and it is important all contact details we hold are correct and we have a valid contact number and email address where possible.
- If your child is not an existing member a medical/consent form needs to be completed and returned before your child can take part.

Select your lesson

Hartlepool Borough Council Learn to Swim Pathway:
Hartlepool Borough Council
Learn to Swim Lessons

Parent and Baby – Introduction to the Water
A fun, progressive programme for introducing babies and young children to the exciting world of aquatics. Songs are used to introduce basic water skills, with the use of toys and active play parents/carers and baby will begin their Learn to Swim journey. Recommended for ages 0-12 months.

Parent and Baby - Developing Water Confidence
To support your child in the transition from unstructured play to beginning to bridge the gap to increase their water confidence and continue their learn to swim journey. With the use of floatation devices children will begin to develop their skills and confidence further. Recommended for ages 12-24 months.

Ducklings
For babies and toddlers to explore and enjoy the fun of learning to swim. With the help of their parents/carers, your child will develop confidence both in and out of the water.

Please note: It is compulsory for an adult to assist children in the water at Ducklings stages 1, 2 and 3 and it is recommended that they assist children in the water at Ducklings stages 4 and 5. Recommended from age 24 month up to 5 years old depending on ability.
Learn to swim with Walter and meet his underwater friends!

Stage 1
This stage helps develop safety awareness, the ‘class’ scenario, basic movement skills and water confidence skills. Swimmers may use aids, such as armbands and floats.

Stage 2
This stage focuses on safe entry to the water, including jumping in, basic floating, travel on the front and back up to a distance of 5m, and rotating the body to regain an upright position. Swimmers may use armbands and floats.

Stage 3
More on developing safe entries into the water – including submersion – travelling up to 10m on the front and back, and progressing water safety knowledge and body rotation skills from the previous stage.
**Stage 4**
This stage aids the learner in developing the understanding of buoyancy through a range of skills. Also covered is refining kicking techniques for all strokes. The swimmer has to swim 10m to a standard directed by the ASA.

**Stage 5**
During this stage swimmers develop ‘watermanship’ through sculling and treading water skills and body complete rotation. They perform all strokes for 10m to a standard provided by the ASA in the Learn to Swim Framework.

**Stage 6**
Developing effective swimming skills – including coordinated breathing – across all strokes is the focus of this stage. Learners also have to swim a distance of 25m using a stroke of their choice. Children learn about aspects of water safety.

**Stage 7**
Children develop quality stroke techniques up to 100m incorporating the skills they have learned, and combine them to develop a linked routine. They also complete an obstacle course combining skills accomplished through stages 1-7.
Hartlepool Borough Council Swimming Lessons starting 14th September 2015

**Monday**

**Chloe Coates**
- 3:30 - 4:00 Adult & Child Ducklings Stage 1 Learner Pool
- 4:00 - 4:30 Adult & Child Ducklings Stage 2 Learner Pool
- 4:30 - 5:00 Adult & Child Ducklings Stage 3 Learner Pool
- 5:00 - 5:30 Ducklings Stage 4/5 Learner Pool

**Lynn Coleman**
- 4:00 - 4:30 ASA Stage 1 Learner Pool
- 4:30 - 5:00 ASA Stage 2 Learner Pool
- 5:00 - 5:30 ASA Stage 3 Learner Pool

**Tuesday**

**Amanda Robinson**
- 4:00 - 4:30 ASA Stage 1 Learner Pool
- 4:30 - 5:00 ASA Stage 2 Learner Pool
- 5:00 - 5:30 ASA Stage 3 Learner Pool

**Ashley Boagey**
- 5:00 - 5:45 ASA Stage 4/5 20m Pool
- 5:45 - 6:30 ASA Stage 5/6 20m Pool

**Wednesday**

**Chloe Coates**
- 10:00 - 10:45 Parent & Baby Introduction to the Water Learner Pool
- 11:00 - 11:45 Parent & Baby Developing Water Confidence Learner Pool

**Robert Black**
- 4:00 - 4:30 ASA Stage 3 Learner Pool
- 4:30 - 5:00 ASA Stage 2 Learner Pool
- 5:00 - 5:30 ASA Stage 1 Learner Pool

**Thursday**

**Simon Almond**
- 3:30 - 4:00 Adult & Child Ducklings Stage 1 Learner Pool
- 4:00 - 4:30 Adult & Child Ducklings Stage 2 Learner Pool
- 4:30 - 5:00 Adult & Child Ducklings Stage 3 Learner Pool
- 5:00 - 5:30 Ducklings Stage 4/5 Learner Pool

**Chloe Coates**
- 4:00 - 4:30 ASA Stage 1 Learner Pool
- 4:30 - 5:00 ASA Stage 2 Learner Pool
- 5:00 - 5:30 ASA Stage 3 Learner Pool

**Ashley Boagey**
- 5:00 - 5:45 ASA Stage 4/5 20m Pool
- 5:45 - 6:30 ASA Stage 5/6 20m Pool
# Hartlepool Borough Council Swimming Lessons starting 14th September 2015

**Chloe Coates**
- 1:00 - 1:45 Parent & Baby Introduction to the Water  
  Learner Pool
- 1:45 – 2:30 Parent & Baby Developing Water Confidence  
  Learner Pool

**Lynn Coleman**
- 3:30 - 4:00 Adult & Child Ducklings Stage 1  
  Learner Pool
- 4:00 - 4:30 Adult & Child Ducklings Stage 2  
  Learner Pool
- 4:30 - 5:00 Adult & Child Ducklings Stage 3  
  Learner Pool
- 5:00 - 5:30 Ducklings Stage 4/5  
  Learner Pool

**Paul Rayner**
- 4:00 - 4:30 ASA Stage 1  
  Learner Pool
- 4:30 - 5:00 ASA Stage 2  
  Learner Pool
- 5:00 - 5:30 ASA Stage 3  
  Learner Pool

**Tracey Devonshire**
- 8:15 - 8:45 ASA Stage 1  
  Learner Pool
- 8:45 - 9:15 ASA Stage 2  
  Learner Pool
- 9:15 - 9:45 ASA Stage 2  
  Learner Pool
- 9:45 - 10:15 ASA Stage 3  
  Learner Pool

**Lucy Baldam**
- 8:30 - 9:15 ASA Stage 4/5  
  20m Pool
- 9:15 - 10:00 ASA Stage 5/6  
  20m Pool

**Tracey Devonshire**
- 8:15 - 8:45 ASA Stage 3  
  Learner Pool
- 8:45 - 9:15 ASA Stage 2  
  Learner Pool
- 9:15 - 9:45 ASA Stage 2  
  Learner Pool
- 9:45 - 10:15 ASA Stage 1  
  Learner Pool

**Alison Middleton**
- 8:30 - 9:15 ASA Stage 4/5  
  20m Pool
- 9:15 - 10:00 ASA Stage 6/7  
  20m Pool

**Tracey Devonshire**
- 10:30 – 11:00 Adult & Child Ducklings Stage 1  
  Learner Pool
- 11:00 – 11:30 Adult & Child Ducklings Stage 2  
  Learner Pool
- 11:30 – 12:00 Adult & Child Ducklings Stage 3  
  Learner Pool
- 12:00 – 12:30 Ducklings Stage 4/5  
  Learner Pool

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**Parent and baby** recommended for children aged 0-24 months

**Ducklings** recommended for children aged 24 months +

These are guidelines as it depends when a child enters the Learn to Swim Pathway and the ability of individual children. Should you be unsure which lesson to book please liaise with the Learn to Swim team who can advise.
Select your preferred pricing plan

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<tr>
<th>Prices from September 2015</th>
<th>Member</th>
<th>Casual</th>
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<tbody>
<tr>
<td>Monthly Direct Debit (30 minute lessons)</td>
<td>£15.00</td>
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<tr>
<td>Monthly Direct Debit (45 minute lessons)</td>
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<td>Monthly Direct Debit (Monday rate to account for Bank Holidays)</td>
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<tr>
<td>30 minute lessons</td>
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<td>Price per block of 10 weeks 30 minute lessons</td>
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<tr>
<td>Price per block of 10 weeks 45 minute lessons</td>
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Sign up at our new On Course HomePortal

Sign up to On Course HomePortal to track your child’s progress.
You can do this by visiting Hartlepool Borough Council Website where we will be including all information regarding new enrolment and On Course (direct link below).
http://www.hartlepool.gov.uk/info/241/leisure_and_social_activities/342/mill_house_leisure_centre/4
You should be taken to the above page where you need to click on the ‘Register Now’ button on the right hand side.
**Membership number**

Next stage you will be asked to enter your Active Card Number that you were assigned when enrolling for Swimming Lessons.

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**Step 6**

**Date of Birth, email and post code entry**

Stage 2 of registering requires you to enter the date of birth of the member (your child), email and postcode. You need to ensure these details match the ones that you used when enrolling.
Adding more than one child to your Home Portal

If you have more than one child who attends Hartlepool Learn to Swim you will add all children to one Home Portal. If you do not have any other children to add click on the ‘That’s Everyone proceed to finish’ button on the right hand side.

Step 8

Set a password

Finalise your registration by entering a password for you to use each time you want to log in and see your child’s progress, make a note of this and keep it safe. Once you have done this click confirm.

Step 9
Completing registration
You are almost there, you should see the below message once you have confirmed your log in details. Follow the link to HomePortal homepage to confirm your details.

Log in to view your HomePortal
You should now be able to log in and view all details relating to your child’s swimming lessons.
Well Done!

You have completed your registration and we hope you enjoy using our new system to be able to track your child’s progress.

Should you be experiencing problems signing up to On Course or require some assistance please contact Mill House Leisure Centre Reception who can advise 01429 223791 or email swimming.lessons@hartlepool.gov.uk

Attend lessons and enjoy!

All our instructors are ASA Qualified