

The Water Safety Skills Series:

Consisting of three levels, Bronze, Silver and Gold. This series is designed to promote survival and rescue skills.

Enrolment

Please ask Reception or see our Swimming Notice Boards for details of course enrolment dates.

When a child does not attend the course on a regular basis instructors will be inclined to keep the child on the same course. If a child attends infrequently, or does not attend at all, his/her place may be given to a child on the waiting list.

Course Fees and Duration

Fees must be paid in full at the beginning of the course. To receive members' rate the child, if over three, must have a valid centre membership. The course fee includes all lessons plus the chance of achieving a badge and certificate. Children can work towards other awards at an additional cost. All swimming courses are designed to run over 10 weeks or term time, however, there may be some adjustment to allow for Bank Holidays or summer holidays. Lessons are 30 minutes in duration, of which five minutes may be taken for the process of registration or given as a supervised free play session.

Refunds

Once a booking has been confirmed the following conditions apply: -

- *If a student is unable to commence the course a refund may only be given for medical reasons and on production of a medical certificate.*
- *If an applicant has chosen the wrong course for his/her ability, the centre will offer every assistance to relocate to a different class/day, or place the student on a waiting list or a credit note may be offered.*

Deferrals

Parents may defer their children for one course only. Once re-enrolment has taken place, children on the deferral list will be contacted, provided there is a space on the course.

This leaflet is available in large print and other languages

www.sencio.org.uk

Edenbridge Leisure Centre, Stangrove Park, Edenbridge, Kent TN8 5LU Tel: 01732 865665

Sevenoaks Leisure Centre, Buckhurst Lane, Sevenoaks, Kent TN13 1LW Tel: 01732 470700

White Oak Leisure Centre, Hilda May Avenue, Swanley BR8 7BT Tel: 01322 662188

Swimming Lessons

Splash

sencio
SWIMMING

What is the Swimming Academy?

Our Swimming Academy is based on a nationally recognised scheme which encompasses a wide range of water confidence and stroke improvement activities on our learn to swim programme.

The programme offers a comprehensive and progressive teaching plan based on the STA (Swimming Teachers Association) lesson plans, International Swimming and Water Safety Standards for teaching.



Why STA?

The STA are one of the governing bodies of swimming teaching in the UK. The STA is an educational body founded in 1932 with the prime objective of “preserving lives by teaching swimming, life saving and survival techniques”.

The programme recognises that pupils learn to swim at many different ages and progress at varying paces. It also appreciates that swimming teachers use different techniques and have different levels of experience.

All of the schemes introduced by the STA are carefully planned and structured to introduce new skills, reinforce those learnt in previous awards and develop new techniques, stamina and understanding.

What classes do we offer?

We offer three distinct sets of classes:

- *Pre-school for children younger than 4 years of age (Early Years Series)*
- *Junior Classes for children 4 years+ (Junior Series)*
- *Deep water advanced classes for children that are interested in improving stamina, speed, technique and personal survival (Advanced Series)*

At all levels children are also introduced to the concept of water safety.

Early Years Series

From 4 – 42 months (Cygnets)

A course of lessons aimed at introducing water confidence to children as young as four months. This course is designed to introduce a range of water confidence building activities to both child and parent that can be used both in the class environment as well as in your own time.



With these instructor lead sessions and parents in the water, we will be able to offer guidance on activities as well as the correct way to hold, support and encourage your child whilst swimming.

Where necessary buoyancy aids will be provided although these should not be necessary as all children should be supported by a parent whilst in the water.

Courses are offered based on age and previous swimming experience of the child. Children and parents will then be able to work towards achieving one of the three STA Cygnet Awards under direction from our swimming instructors.

3 – 4 years (Rubberdubbers)

These classes are designed for children who have been introduced to swimming before they reach school age. Children will have the chance to work towards the requirements of the Amelia, Sploshy, Terence and Tubb awards, with more advanced children possibly achieving the Finbar standard. These lessons are taught with an instructor in the water. Children must be able to stand and walk unassisted in the pool.

Junior Series

4 years+ (Octopus, Goldfish, Angel Fish, Shark) Level 1 – 4

Taking children from age four through the first steps of building water confidence and progressing them to a standard where they will be able to:

- *Swim 100 meters*
- *Perform all four strokes*
- *Perform a dive from poolside*
- *Have an understanding of their own ability and basic water safety*

Within each level there are three awards to work towards. Lessons are taught with the instructor out of the water.

Advanced Series

Advanced swimmers series: Consisting of three levels, Bronze, Silver and Gold. This series develops swimming technique, speed, stamina and other water skills. Lessons are taught in a competitive nature and children should be prepared to work hard through these courses of lessons.