

LEARN TO SWIM

Welcome to the Learn to Swim page, home of the Aqua Force Bubblefish!

Our classes are very popular and there is, inevitably, a waiting list for LTS places. We advise prospective parents to place their child's name on the waiting list prior to the minimum age of acceptance, which is currently 3 ½ years.

Potential new members will be called from the waiting list for an assessment when we have a space in the appropriate class for their swimming standard.

Our Learn to Swim classes (Stage 1), are limited to eight pupils per session in order to benefit from one of the lowest student to teacher ratio's available locally. We endeavour to have an appointed adult teacher and supervised Aqua Force helper in the water for our Learn to Swim classes to assist those who may be nervous in the water. The aim of these lessons is to teach water confidence and safety to enable the child to swim a length of the pool (5 metres).

The Improver classes (Stage 2 – 5), are 1 hour sessions, the aim of the lessons is to develop good basic technique in all four strokes – front crawl, backstroke, breaststroke and butterfly.

Stage 6 and 7 are the first stages moving in to our Advanced squads and is the start blocks for our Athlete Development Support Pathway (ADSP), further information is detailed in our Squad information for those who want to progress further.

All of our teachers are ASA qualified hold current enhanced CRB certificates and Sport Coach UK Safeguarding and Protecting Children certificates, which you are welcome to inspect. Our lessons are run using the National Plan for Teaching Swimming Awards.

Our current fee's are **£30** for a block of ten lessons for our Learn to Swim classes, and **£35** for a block of ten lessons for our Improver classes. Classes take place at Dyke House School pool (20m) weekdays.

Parents are welcome on poolside to monitor the progression of their children.

For further information, or to place your child on the list, please contact our Learn to Swim co-ordinator, Lucy Baldam on 07507 597 013 or complete the enquiry form at the bottom of this page.

In addition, we are now able to offer advice and lessons to children who suffer with certain disabilities. Please contact Alison Middleton on 07835 586 471 for further information.

Monday

Learn to swim (stage 1) - 4 classes, £30 for ten week block booking

Time	Teacher	Helper
4.00 – 4.30pm	Lucy Baldam	Emma Carroll, Sophie Cook
4.30 – 5.00pm	Lucy Baldam	Emma Carroll, Sophie Cook
5.00 – 5.30pm	Lucy Baldam	Emma Carroll, Sophie Cook
5.30 – 6.00pm	Lucy Baldam	Emma Carroll, Sophie Cook

Improvers 1 (stage 2 & 3) – 2 Classes, £35 for a ten week block booking

Time	Coach	Helper
4.00 – 5.00pm	Alison Middleton	
5.00 – 6.00pm	Bruce Ridley	

Improvers 2 (stage 4 & 5) – 2 Classes, £35 for a ten week block booking

Time	Coach	Helper
4.00 – 5.00pm	Carol Boagey	
5.00 – 6.00pm	Carol Boagey	

Tuesday's

Learn to swim (stage 1) - 2 classes, £30 for ten week block booking

Time	Teacher	Helper
4.00 – 4.30pm	Lucy Baldam	Barbara Wood, Rebecca Swales
4.30 – 5.00pm	Lucy Baldam	Barbara Wood, Rebecca Swales

Improvers 1 (stage 2 & 3) – 1 Classes, £35 for a ten week block booking

Time	Coach	Helper
4.00 – 5.00pm	Alison Middleton	Emily Swales

Improvers 2 (stage 4 & 5) – 1 Classes, £35 for a ten week block booking

Time	Coach	Helper
4.00 – 5.00pm	Carol Boagey	Chloe Pattison

Wednesday

Learn to swim (stage 1) - 2 classes, £30 for ten week block booking

Time	Teacher	Helper
4.00 – 4.30pm	Lucy Baldam	
4.30 – 5.00pm	Lucy Baldam	

Improvers 1 (stage 2 & 3) – 1 Classes, £35 for a ten week block booking

Time	Coach	Helper
4.00 – 5.00pm	Alison Middleton	

Improvers 2 (stage 4 & 5) – 1 Classes, £35 for a ten week block booking

Time	Coach	Helper
4.00 – 5.00pm	Carol Boagey	

Thursday

Learn to swim (stage 1) - 2 classes, £30 for ten week block booking

Time	Teacher	Helper
4.00 – 4.30pm	Lucy Baldam	Rebecca Swales
4.30 – 5.00pm	Lucy Baldam	Rebecca Swales

Improvers 1 (stage 2 & 3) – 1 Classes, £35 for a ten week block booking

Time	Coach	Helper
4.00 – 5.00pm	Alison Middleton	Amber Napper, Caitlyn Gray

Improvers 2 (stage 4 & 5) – 1 Classes, £35 for a ten week block booking

Time	Coach	Helper
4.00 – 5.00pm	Carol Boagey	Emily Swales

Friday

Learn to swim (stage 1) - 1 class, £30 for ten week block booking

Time	Teacher	Helper
4.00 – 4.30pm	Lucy Baldam	Caitlyn Collins, Sophie Cook

Everyone completing a block of lessons has a place for them in the next block, if they require, providing they re-book by the final week of their current block. Failure to pay for next block by end of the final week may result in place being given up.

Please visit the individual Learn to Swim session pages for block booking dates.

As the young swimmers progress through the carefully planned stages of swimming development they will learn the necessary water skills required for competitive swimming. The Learn to Swim Framework take a games-led approach to teaching, learners should be able to swim 25 metres by the end of the Learn to Swim Stage 7. Further information about the stages can be found on the Stages Overview and Stage Outcome pages.

Learn to swim and improvers teachers and qualifications are:-

Alison Middleton, ASA level 3 teacher, ASA level 3 coach and disability qualified.

Carol Boagey, ASA level 2 coach, level 2 teacher and disability qualified

Lucy Baldam, ASA level 2 teacher

Bruce Ridley, ASA Club Coach

Barbara Wood, ASA level 1 teacher

Parent carer name (required)

Swimmer name (required)

Date of birth (required)

Home Phone

Mobile Phone

Your Email (required)

Preferred day of week except Sunday (required)