

Enrolment procedure

- **Swimming lessons** are 30 minutes long. During this time a class register will be taken.
- **Re-enrolment** takes place during the last couple of weeks of the current term.
- **Priority Enrolment Red** - for swimmers enrolling on the same course on the same day and time as the previous term.
- **Priority Enrolment Green** - for swimmers who are progressing to the next level or wish to move to a different class.
- **New to the scheme** - Open to anyone wishing to join the swimming programme. Please contact reception for course dates and availability.
- **Assessments** - Swimmers are continuously assessed throughout the course. If swimmers are in the wrong group then an alternative group will be found subject to availability.

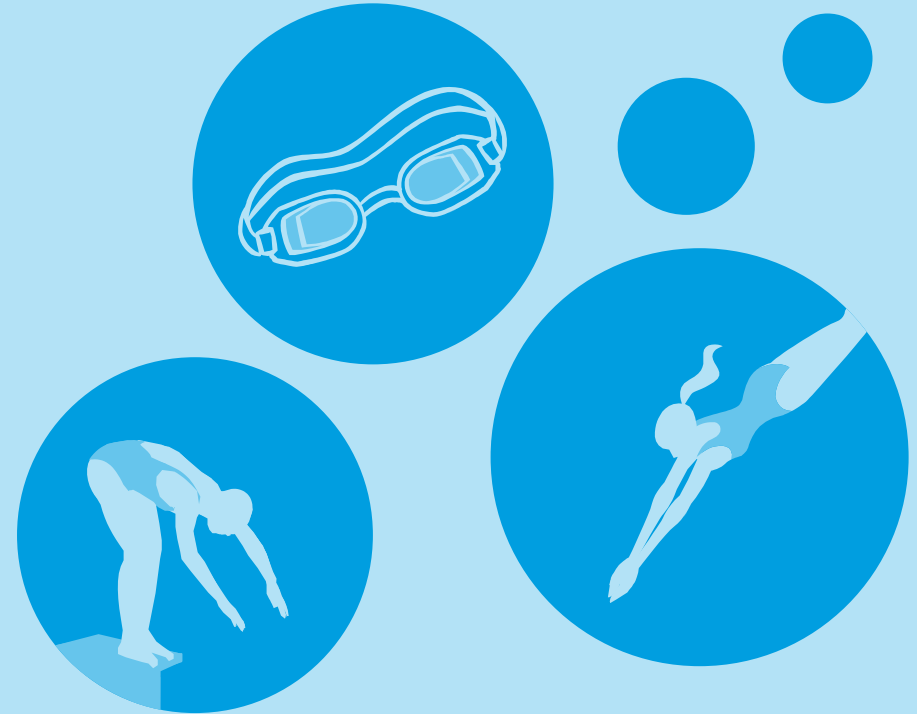
Terms and conditions

(including cancellation policy)

- Courses will be subject to cancellation if there is insufficient enrolment.
- Refunds will only be issued should the management cancel a class, or on production of a doctor's certificate.
- All requests for a refund should be made in writing to the swimming officer.
- All children must wear a swimming hat - one will be provided on the first swimming lesson. Any further hats that are required can be purchased from reception.
- Appropriate swimwear must be worn - no knee length shorts.
- Photography and videoing children during their swimming lessons or public swimming sessions is not permitted.
- All parents must be available to take children to the toilet during their swimming lesson.
- We will endeavour to provide the same swimming teacher throughout the course, however due to sickness and holidays this may not always be possible.
- All children who are new to the scheme must have a swimming assessment which can be booked through reception.

How to find us ...

Blandford Leisure Centre is situated in the grounds of the Blandford School, Milldown Road, which is opposite the Blandford Hospital. You can find the Leisure Centre by following the one-way street through town onto Salisbury Street. Take the left fork into Whitecliff Mill Street (sign says 'to Shaftesbury') then follow the road and keep left past the church where you will be on the Milldown Road. The Leisure Centre is on your left.



Blandford Leisure Centre

Swimming Scheme

April 2009

www.north-dorset.gov.uk

Blandford Leisure Centre

Milldown Road, Blandford Forum,
Dorset DT11 7DB

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Swimming Scheme

Our Swimming Teachers are all ASA qualified who continue to update their training, knowledge and skills. All swimmers will receive a termly report detailing their development and recommendation for the next course. Fantastic badges and certificated are available on completion for each level.

The National Plan for Teaching Swimming (NPTS) is an 'all-inclusive programme' which takes the non-swimmer from his or her first splash to developing confidence and competence in the water. The National Governing Body for swimming, the Amateur Swimming Association (ASA), has produced a national syllabus for Aquatics, in order to equip learn to swim providers with the training and tools to deliver a multi aquatic, multi skill programme.

The swimmer's 'journey through aquatics' starts with FOUNDATION, a programme for developing early years water confidence, which is encouraged through sessions such as 'adult and baby' and 'pre-school' sessions. The emphasis is upon development of very basic motor skills and introduction to water and the swimming environment through fun and games. The 'ASA Duckling' Awards provide rewards appropriate for this section.

The next stage along the 'journey' takes a swimmer through FUNDAMENTAL MOVEMENT SKILLS, STAGES 1 – 7 of the National Plan for Teaching Swimming. There are smaller stepping-stones for swimmers who are not yet ready for Stage 1 of the NPTS and who may have ADDITIONAL NEEDS in order to progress into Stage 1 of the NPTS. The Awards range specific to this section is the 'ASA Alpha Awards'.

A Brief Overview of Stages 1 – 7

(For more information regarding the content you may wish to purchase the ASA Awards Criteria available from the ASA Awards Centre, Freephone: 0800 220292)

STAGE 1

Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use aids, e.g. arm bands, floats etc.

STAGE 2

Developing safe entries to the water, including jumping in, basic floating, travel and rotation unaided to regain upright positions. Swimmers may use aids, e.g. arm bands, floats etc.

STAGE 3

Developing safe entries including submersion, travel up to 10 metres on the front and back, progress rotation skills and water safety knowledge.

STAGE 4

Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, and swimming 10 metres to a given standard as directed by the ASA.

STAGE 5

Developing 'watermanship' through sculling and treading water skills, and complete rotation, also performing all strokes to the given standard as directed by the ASA.

STAGE 6

Developing effective swimming skills including coordinated breathing; developing the water safety aspects and understanding of preparation for exercise.

STAGE 7

Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills accomplished throughout stages 1 – 7.

Once the swimmer has developed the core range of skills required to be confident, competent and safe in water through Stages 1 – 7, the swimmer may then have the choice to take part in different aquatic disciplines. FUNDAMENTAL SPORT SKILLS, STAGES 8 – 10 of the National Plan for Teaching Swimming are available in competitive swimming, water polo, synchronised swimming, diving and rookie lifesaving.