



Swimming Lessons



WHEN?

Lessons take place in both the main and small pool throughout the week.

HOW MUCH?

£17 per month via Direct Debit.
This also includes free public swimming (excluding Aqua Fun) for the participant.

Please email enquiries@goactive.org.uk
or telephone 01246 242 365 to book your lessons



High Street, Clowne S43 4JY
www.goactive.org.uk



Discovery Ducklings

Baby Lessons
0-24 months

AWARDS:
DISCOVERY
DUCKLINGS
1/2/3/4

An introduction to water movement, providing a social experience for both adult and child.

Ducklings

Toddler lessons 24-36

AWARDS:
DUCKLINGS 1/2/3

This class encourages water movement with a teacher, preparing for independent swimming lessons into Duckling Stage 4.

Ducklings 4 (Pre School)

AWARDS:
DUCKLINGS 4

Independent swimming lessons encouraging water movement prior to moving into a Stage 1 class.

Stage 1

AWARDS: NPTS STAGE 1, PUFFIN

Suitable for customers who have completed Duckling 4 or children with no previous experience in full time education.

Stage 2

AWARDS: NPTS STAGE 2, 5 METRES

For children who have completed their puffin badge and stage 1. Suitable for children who are in full time education.

Stage 3

AWARDS: NPTS STAGE 3, 10 METRES

For children who can swim 5m on front and back and have completed stage 2. Suitable for children who are in full time education.

Stage 4

AWARDS: NPTS STAGE 4, 25 METRES

For children who can swim 10 metres on front and back and have completed Stage 3. Children will learn to tread water and swim underwater

Stage 5

AWARDS: NPTS STAGE 5, 50 METRES

For children who can swim 25 metres on front and back and completed Stage 4. Children will develop strokes and skills to a good standard.

Stage 6

AWARDS:
NPTS STAGE 6, 100-200 METRES

For children who can swim 50 metres to a good standard on their front and back. Children will gain the ability to swim 100/ 200 metres and completed Stage 5.

Stage 7

AWARDS:
NPTS STAGE 7, 400-600 METRES

For children who can swim 400 metres demonstrating 3 different strokes and completed Stage 6. Children will gain the ability to swim butterfly and be introduced to turns.

Comp Stage 8

AWARDS:
NPTS STAGE 8,
BRONZE
CHALLENGE,
SPEED SWIM

For children wishing to develop stamina and stroke technique. Children must have completed Stage 7.

Comp Stage 9

AWARDS:
NPTS STAGE 9,
SILVER
CHALLENGE,
SPEED SWIM

For children who wish to gain the ability to swim all the 4 strokes and be introduced to touch turns. Children must have completed Stage 8.

Comp Stage 10

AWARDS:
NPTS STAGE 10,
GOLD CHALLENGE,
SPEED SWIM

For children who are at the early stages of competitive swimming. Children will further develop endurance swimming and have the ability to demonstrate correct starts and turns.

Adult Learn to Swim

Be Water Confident

The first stage of the ASA Adult Swimming Framework aims to give swimmers the confidence to get into the pool safely, be able to move around the pool with confidence, and not panic if splashed.

Be a Swimmer

The second stage of the ASA Adult Swimming Framework aims to give swimmers the skills necessary to start swimming independently over short distances without support or swimming aids.

Be a Better Swimmer

The third stage of the ASA Adult Swimming Framework aims to give swimmers the necessary skills to swim up to 400 metres independently, as well as the confidence to try other activities taking place in the pool including Aquacise or lane swimming.

Be a Master Swimmer

The fourth stage of the ASA Adult Swimming Framework aims to give swimmers the necessary skills to confidently enter a Masters section for a swimming club.

With both child and adult lessons we are using software called CoursePro. This system will enable us to chart the participant's progress, improve communication, provide feedback from the swimming instructors and give you the opportunity to ask any questions, all at the touch of a button.

t: **01246 242 365**
w: **goactive.org.uk**

e: **enquiries@goactive.org.uk**
memberships@goactive.org.uk

Opening times:

Mon – Fri: **6am – 9pm**
Sat and Sun: **8am – 6pm**

 GoActiveTheArc

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