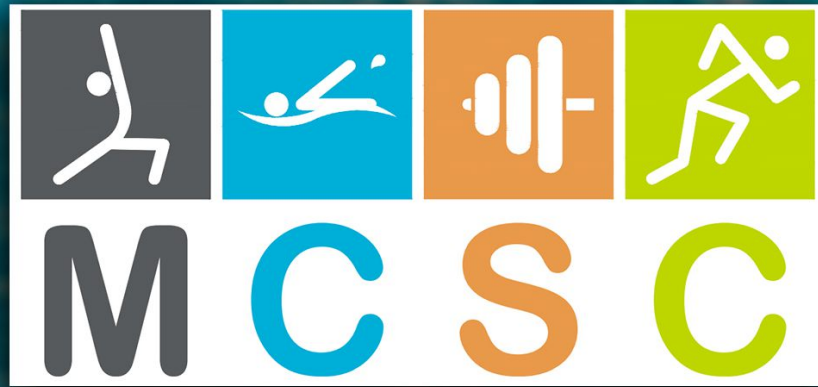




Swim School Parent Guide



This document will provide you with information regarding our swimming lessons we run at Montsaye Sports Centre.

Hello!

Welcome to Montsaye Sports Centre! We hope you find this document useful in providing as much information about our swimming lessons as possible.

In this document, we will detail information to you about how the lessons work, age ranges, criteria, standards and expectations, etc.



If you had any further enquiries regarding our swimming lessons, please don't hesitate to contact us directly to find out more. You can call us on 01536 713708 or send us an email at sportscentre@montsayesportsandfitness.co.uk



Why Montsaye?

We operate our swimming lessons using the Swim England “Learn to Swim” programme, which is England’s most widely used syllabus for children’s swimming lessons.



We keep our swimming group sizes lower than other providers, to ensure swimmers receive more focused attention and encourage better progress in the water.

For Stage 1/2 swimmers, our classes have a swimming assistant in the water to provide constant support and make the overall experience as comfortable as possible.



We also provide fantastic value for money in comparison to other local swimming providers.

Back floats are provided from Stage 1 to 3 of our swimming scheme. This provides a more comfortable experience for brand new swimmers.



Why should your child learn to swim?

At Montsaye Sports Centre, we believe that swimming is a vital life-saving skill that reduces the likelihood of water related accidents for children. Knowing how to swim is essential for water safety and counteracting drowning related incidents.

Not only that, but we also believe that swimming is a fantastic way to boost children's fitness, as it improves their cardiovascular health, muscle strength and helps keep their heart and lungs healthy.

Here at Montsaye, we have a group of qualified and enthusiastic swimming instructors, who are ready to help boost your child's confidence and ability in the water in anyway they can.



“Learn to Swim”

At Montsaye, we operate our swimming lessons using Stages 1 to 7 of Swim England’s Learn to Swim programme.

This criteria is designed to introduce basic aspects of swimming, such as buoyancy, propulsion and positioning, and continuously develop all aspects of their strokes and skills through grouped lessons and activities.

The reward for each child for completing each stage is a badge and certificate and the chance to progress to the next stage of the scheme, where they will continue to learn new skills, improve current ones and build their confidence in the water.



Following the

**Swim
England**

Learn to Swim
Programme

Stages

Stage 1

In this stage, children will aim to build their water confidence and get introduced to the basic skills that will be used to build swimming ability in the later stages. Aspects of this stage include safe entries, being comfortable placing faces in the water, star floats and basic travelling across the water.



Stage 2

In this stage, children will aim to improve their leg kicks, learn other aspects of the strokes (arms pulls, etc.) and start to display confidence jumping and travelling in deep water. Aspects of this stage include jumps, swimming without touching the floor and rotations to upright positions.



Stages

Stage 3

In this stage, children will aim to further develop their strokes without any floatation aids in deep water. Swimmers will also learn about submerging and the basics of water safety. Aspects covered include log rolls, picking up objects from the pool floor and swimming 10 metres unaided.



Stage 4

In this stage, children will get introduced to two more strokes: breaststroke and butterfly. Swimmers need to demonstrate the basic ability to perform recognisable leg kicks consistently and will also be introduced to sculling.



Stages

Stage 5

In this stage, children will start to learn the correct techniques used to easily demonstrate all of the four strokes required. They'll be assessed on breathing, timing, arm pulls and continuous leg kicks. Swimmers will also learn somersaults, handstands, treading water and advanced sculling methods.



Stage 6

In this stage, children will need to continue to develop their stroke techniques learned in previous stages, with a greater emphasis on coordination, timing and distance. Swimmers should also perform surface dives, push and glides with rotations and show understanding on how to prepare for exercise.



Stages

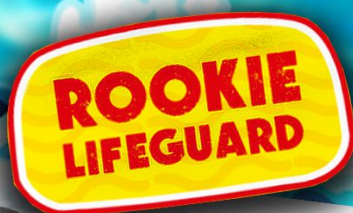
Stage 7



This is the final stage of the scheme and by the end of this stage, swimmers must perform every stroke to Swim England standards, swim to a maximum of 100 metres and perform sitting and standing dives into the water. Swimmers should also complete an obstacle course which combines aspects learned throughout the scheme.

Rookie Lifeguards

After Stage 7, children are eligible to be booked onto our Rookie Lifeguarding sessions every Friday evening. Children will learn lifesaving skills and build their knowledge on water safety through fun team based activities.



What to bring for swimming lessons?

For every swimming lesson, your child must bring appropriate swimwear (lycra shorts, trunks, one piece costumes - NO bikinis or tankinis), towel, goggles (optional) and a stage-appropriate swimming hat (these can be collected at the reception desk - replacement hats can be bought for £2.50). We recommend you bring your child swim ready to the centre.

Children must NOT wear clothes over their swimwear (unless specified for Stage 6 swimming lessons). Goggles covering the nose are not permitted. Jewellery is also NOT permitted in the pool.



Lesson payments

Parents can fund swimming lessons by either setting up a direct debit, or pay for blocks of 10 swimming lessons.

The direct debit is a rolling monthly payment with no end date. It costs £28.16 per month, which is calculated over 50 weeks. Terms and conditions apply.

You can also pay for a block of 10 swimming lessons for £66. This will give your child 10 weeks' worth of lessons and they will need to be continually topped up throughout the duration of your child swimming with us. Top ups can be made at the Sports Centre reception desk or via the HomePortal app.

For new starters, you can pay for up to 3 trial lessons for £19.80 (£6.60 per lesson). You can use these lessons to see how everything works and see if our lessons work well for you and your child.



Behaviour and conduct

Our teachers reserve the right to remove any child from their swimming lessons, if they are seen to be disruptive or putting themselves and other swimmers at risk. Refunds will not be issued in instances like this.



Parents must stay in the viewing area and shouldn't enter poolside through the fire exit. If there are any issues or information you'd like to pass onto the teacher, please speak to someone at the reception desk.



Photography and filming is PROHIBITED in the Sports Centre at all times.

Parents and guardians MUST REMAIN on site while lessons happen. This is in case of an evacuation or a medical emergency.

Adults accompanying children are permitted to take under 8s into an "opposite sex" changing room. Children over the age of 8 are required to change in same sex changing rooms.

Other information

Medical info/additional needs

If your child has any medical conditions or additional needs, please notify a member of staff before their first lesson with us. We have a section on our online enquiry form for you to declare any conditions your child may have. That way, the teacher of the class can modify the lesson to suit your child's needs and make the experience more comfortable.



Refunds

We do not offer refunds or credits for missed lessons. Where long-term injury/illness prevents your child from attending, we encourage you to remove them from the class during that period. We will endeavour to re-enrol them to their previous class when they resume (subject to availability). Credits may be transferred to a sibling or redeemed against public swimming, if your child chooses to stop swimming with us.

Other information

Benefits

If your child is actively enrolled in our swimming lessons, there are a number of benefits you can claim, including:



- Children can enter our General Swim sessions for **FREE!** Entering these sessions will help children to practice anything further. This **DOESN'T** apply for our Fun & Floats sessions.

- Adults are entitled to a discounted fitness membership! **£22 per month** for a Gym Only membership, **£27.50 per month** for a Gym & Swim membership.

- Adults have access to our **HomePortal app powered by Coursepro**, where you can track your child's swimming progress and top up lessons online.



Other information



Age range

Our swimming lessons are suited for children aged between 4 and 12 years old. Rookie Lifeguarding is suitable for children between 8 and 12 years old.

1-1 private lessons

We also provide private 1-1 swimming lessons with an instructor for children and adults for any age. It costs £19 for a 30 minute session, subject to availability.



Thank you for taking the time to read through our Parent Guide for our swimming lessons. We hope this provided you with plenty of information you need. If you had any further enquiries, please refer to the contact details and social media details on the last page. We hope to hear back from you very soon!



Tel: 01536 713708

Web: www.montsaye.org/sports-centre/swimschool/
Email: sportscentre@montsayesportsandfitness.co.uk



Montsaye Community Sports Centre



montsayesportsandfitness



Learn to Swim
Programme



ROYAL
LIFE SAVING
SOCIETY UK