

Junior Swim School Timetable – Autumn Term 2021

Starting: Tuesday 14 September 2021

Finishing: Saturday 18 December 2021

Excluding: Monday 25 – Saturday 30 October 2021

Prices	Group Lesson: £ 130.00	Private lessons: £325 Shared private lessons: £243.75 per child
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All group lessons & 121/221s are 30mins in duration unless stated otherwise.

Class Names	Tuesday	Thursday	Friday	Saturday
Level 1	1630 Alice SS10	1630 Gabi SS11 1700 James SS12	1615 Richard SS13 1645 James SS14	09.00 Richard SS15 09.30 Gabi SS16
Level 2	1700 Alice SS20	1630 James SS21 1700 Gabi SS22	1615 James SS23 1645 Richard SS24	09.00 Gabi SS25 09.30 Richard SS26 10.00 Richard SS27
Level 3	1630 Jon SS30	1730 Gabi SS31	1615 Gabi SS32 1645 Alice SS33	09.00 Alice SS34 10.00 Alice SS35
Level 4	1700 Jon SS40	1730 James SS41	1615 Alice SS42 1645 Gabi SS43	09.30 Alice SS44 10.30 Alice SS45
Level 5	1730 Alice SS50	1800 Gabi SS51	1715 Alice SS52	10.00 Gabi SS53
Level 6	1730 Jon SS60	1830 Gabi SS61	1745 Alice SS62	10.30 Gabi SS63
Level 7 (45mins)	1800 Alice SS70	1800 Sophie SS71	1715 James SS72	11.00 Gabi SS73
Level 8 (1 hour)	1800 Jon SS80	1800 James SS81	1715 Richard SS82	11.00 Alice SS83

Teachers & lessons may be subject to change. We reserve the right to cancel classes when necessary.

Full terms & conditions are located at reception and can be provided upon request.

Private lessons (121/221) require at least 24 hours' notice to qualify for a credit note.

Swimming Lessons enquiries: swimschool@sevenoaksschool.org

Website: <http://www.sennockecentre.co.uk/camps-courses/swim-school>

Swimming Lesson descriptions

Level 1 (Class duration 30 minutes): Awards: ASA Stage 1

For children 4 years + not yet water confident.

Aiming to achieve: Basic safety awareness and movement skills, able to travel unaided a distance of 5m on front and back.

Level 2 (Class duration 30 minutes): Awards: ASA Stage 2

For children who are water confident and able to travel a distance of 5m on front and back.

Aiming to achieve: Basic floatation and rotation skills and swim a distance of 5m on front and back with a basic knowledge of Breaststroke.

Level 3 (Class duration 30 minutes): Awards: ASA Stage 3 / 4

For children who can very confidently swim 5m+ on front and back without aids.

Aiming to achieve: Water safety knowledge, Rotation and to swim a distance of 10m on front and back and a distance of 5m basic Breaststroke.

Level 4 (Class duration 30 minutes): Awards: Stage 5

For children who can very confidently swim 15m on front and back in deep water, and 10m Breaststroke.

Aiming to achieve: ASA expected standard leg action on all strokes and swim Front Crawl, Backstroke and Breaststroke with regular breathing for a distance of 25m.

Level 5 (Class duration 30 minutes): Awards: Stage 6

For children who can swim 25m Front Crawl, Back Crawl and Breaststroke with regular breathing and 10m dolphin leg action.

Aiming to achieve: Sculling skills, and swim all strokes to ASA Stroke Standards for a distance 50m Front Crawl & Back Crawl, 25m Breaststroke, 10m Butterfly.

Level 6 (Class duration 30 minutes): Awards: Stage 7

For children who can perform all strokes to the given standard as directed by the ASA, and swim a distance of 50m.

Aiming to achieve: Improving stamina and maintaining technique across all four strokes, learning and developing skills like Diving, Sculling and Tumble turns.

Level 7 (Class duration 45 minutes): Awards: Stage 8

For children who can perform all strokes to the given standard as directed by the ASA, and swim a distance of 50m-100m in Front Crawl, Back Crawl & Breaststroke and 25m Butterfly.

Aiming to achieve: developing quality stroke technique up to 100m. Developing starts and turns.

Level 8-10 (Class duration 60 minutes): Awards: Stage 9, 10

For children who can complete the following:

- 200m in 6 minutes using recognised completion stroke;
- 50m in 70 seconds;
- 25m Butterfly with basic technique;
- 4 x 25m individual medley;
- Plunge dive;
- Has learnt the basics of tumble turns.