

Junior Swim School Timetable – Spring Term 2022

Starting: Tuesday 11 January 2022 Finishing: Saturday 02 April 2022

Excluding: 14 - 20 February 2022 (Half Term)

Prices	Group Lesson: £ 110.00 (11 lessons)	Private lessons: £275.00 (11 lessons) Shared private lessons: £206.25 per pupil
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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	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 1645 James SS27	09.00 Gabi SS25 09.30 Richard SS26
Level 3	1630 Jon SS30 1700 James SS37	1730 Gabi SS31	1615 Gabi SS32 1645 Alice SS33	09.00 Alice SS34 10.00 Alice SS35 10.00 Richard SS36
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		11.00 Alice SS83

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

Swimming Lessons enquiries: swimschool@sevenoaksschool.org
 Website: <http://www.sennockecentre.co.uk/camps-courses/swim-school>

CANCELLATION POLICY

- In the event that Swim School cancel a lesson, where an alternative cannot be offered, we will arrange a credit note to cover the cost of the missed lesson.
- If your child is unable to attend a private lesson (121/221), we require at least 24 hours notice to be eligible for a credit note. Lessons cancelled under 24 hours are not eligible for a credit note.
- If your child is unable to attend a group lesson, you would not be entitled to a credit note (unless there are extenuating circumstances), however it would be courtesy to advise the swim instructor. You can do this by emailing swimschool@sevenoaksschool.org

Swimming Lesson descriptions

Stage 1 (Class duration 30 minutes): Awards: ASA Stage 1, Puffin

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.

Stage 2 (Class duration 30 minutes): Awards: ASA Stage 2, 5m

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.

Stage 3 (Class duration 30 minutes): Awards: ASA Stage 3, 10m, Preliminary Water Safety Award

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.

Stage 4 (Class duration 30 minutes): Award: Stage 4, 15m

For children who can very confidently swim 10m on front and back, and 5m breaststroke.

Aiming to achieve: Understanding of buoyancy, ASA expected standard leg action on all strokes and swim front crawl and back stroke for a distance of 15m, breaststroke for 10m, basic dolphin leg action

Stage 5 (Class duration 30 minutes): Awards: Stage 5, 20 and 25m

For children who can swim 15m on their front and back, 10m breaststroke and 10m dolphin leg action.

Aiming to achieve: Sculling skills, and swim all strokes for a distance 25m front & back 20m breaststroke, 10m butterfly to the given standard as directed by the ASA.

Stage 6 (Class duration 30 minutes): Awards: Stage 6, 50m

For children who can perform all strokes to the given standard as directed by the ASA, and swim a distance of 25m.

Aiming to achieve: Improving stamina and maintaining technique across all four strokes, developing water safety and understanding preparation for exercise.

Stage 7 (Class duration 45 minutes): Awards: Stage 7, 100m

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: developing quality stroke technique up to 100m, and incorporating skills learnt from stage 1 to perform a group routine and obstacle course. Basic starts and turns.

Stage 8-10 (Class duration 60 minutes): Awards: Stage 8, 9, 10 Distance 200m - 1000m

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.