

# Junior Swim School Timetable – Summer Term 2024



**Start of term:** Saturday 20 April 2024

**End of term:** Saturday 13 July 2024

**Exclusions:** Saturday 18 May (School Event - Leavers Day)  
Monday 27 May – Sunday 2 June 2024 (Half Term)  
Saturday 29 June (School Event - Founders Day)

<b>Lesson Prices:</b>	<b>Group Lessons:</b>	<b>£118.25 (Tuesday, Thursday, Friday)</b> <b>£107.50 (Saturday)</b>
	<b>Private Lessons 121:</b>	<b>£297 (Tuesday, Thursday, Friday)</b> <b>£270 (Saturday)</b>
	<b>Private Lessons 221:</b>	<b>£222.75 /per child (Tuesday, Thursday, Friday)</b> <b>£202.50 /per child (Saturday)</b>

All lessons are 30 minutes unless stated otherwise		DAY			
		Tuesday	Thursday	Friday	Saturday
CLASS LEVEL	Level 1	1630 Alice SS10 1700 Fern SS11	1630 James SS12 1700 Matthew SS13	1615 Emily SS14 1645 James SS15	0900 Richard SS16 0900 Emily SS17 0930 Emily SS18
	Level 2	1630 Fern SS20	1630 Matthew SS21	1615 James SS23 1645 Emily SS24	0900 Mollie SS25 0930 Richard SS26 0930 Mollie SS27
	Level 3	1630 James SS30 1700 Alice SS31	1700 James SS32	1630 Fern SS34 1645 Alice SS35	0900 Alice SS36 0930 Alice SS37 1000 Alice SS38
	Level 4	1645 Gabi SS40	1730 James SS42	1700 Fern SS43 1715 Alice SS44	1030 Mollie SS45
	Level 5	1730 Alice SS50	1745 Matthew SS51	1745 Alice SS52	1000 Richard SS53
	Level 6 - 7 (45 mins)	1715 Gabi SS60	1815 Matthew SS61	1730 Fern SS62	1030 Alice SS63
	Level 8 - 10 (1 hour)	1800 Gabi SS80	1800 James SS81	1715 James SS82	1030 Emily SS83

## T&Cs and CANCELLATION POLICY

- Teachers & lessons may be subject to change. We reserve the right to cancel/amend classes when necessary.
- 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 swim school (at the email below)

Web: <https://www.sennockecentre.co.uk/swim-school/>

Email: [swimschool@sevenoaksschool.org](mailto:swimschool@sevenoaksschool.org)

## Swimming Lesson descriptions

### **Level 1 (Class duration 30 minutes):**

For children 4 years + not yet water confident.

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

### **Level 2 (Class duration 30 minutes):**

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):**

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):**

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

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

### **Level 5 (Class duration 30 minutes):**

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 crawl and back stroke, 20m breaststroke and 10m butterfly.

### **Level 6 – 7 (Class duration 45 minutes):**

For children who can perform all strokes to the given standard and swim a distance between 25m – 50m.

Aiming to achieve: Improving stamina and maintaining technique across all four strokes, developing water safety and understanding preparation for exercise (Level 6);

Developing quality stroke technique up to 100m and incorporating skills learnt from Level 1 to perform a group routine and obstacle course. Basic starts and turns (Level 7)

### **Level 8-10 (Class duration 60 minutes):**

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.