

Junior Swim School Timetable – Summer Term 2025



Start of term: Saturday 26 April 2025
End of term: Friday 12 July 2025
Exclusions: Saturday 24 May – School Event (Leavers Day)
 Monday 26 May - Sunday 1 June 2025 (Half Term)
 Saturday 28 June – School Event (Founders Day)

Lesson Prices: **Group Lessons:** £107.50 (weekday – 10 weeks)
 £96.75 (Saturday – 9 weeks)
 Private Lessons 121: £270 (weekday – 10 weeks)
 £243 (Saturday – 9 weeks)
 Private Lessons 221: £202.50/per child (weekday – 10 weeks)
 £182.25/per child (Saturday – 9 weeks)

All lessons are 30 minutes unless stated otherwise		DAY			
		Tuesday	Thursday	Friday	Saturday
CLASS LEVEL	Level 1	1630 Alice SS10 1700 Fern SS11	1630 Simon SS12 1700 Matthew SS13	1615 Simon SS14 1645 James SS15	
	Level 2	1630 Fern SS20 1700 Alice SS21	1630 Matthew SS22 1700 Simon SS23	1615 James SS24 1645 Simon SS25	0930 Fern SS27
	Level 3	1630 Jesus SS30 1730 Alice SS31	1730 Matthew SS32	1630 Fern SS33 1645 Alice SS34	0930 Alice SS35
	Level 4	1700 Jesus SS41	1745 Simon SS42	1700 Fern SS43	0900 Alice SS45 1000 Alice SS46
	Level 5	1730 Jesus SS50	1800 Matthew SS51	1715 Alice SS54 1745 Alice SS52	1000 Fern SS53
	Level 6 - 7 (45 mins)	1715 Gabi SS60	1815 Simon SS61	1730 Fern SS62	1030 Alice SS63
	Level 8 - 10 (1 hour)	1800 Gabi SS80	1800 James SS81	1715 James SS82	

T&Cs and CANCELLATION POLICY

- News & 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.

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.

- 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