

## Adult Education at Learning4Life

Learning4Life offer a variety of courses for adults to learn either for pleasure or business or to gain a qualification.

### Courses include:

Teach Your Child to Swim (Parent and child. Children 18mths—4 years)

Individual Swimming Lessons (All ages)

National Pool Lifeguard courses run in school holidays for over 16 year olds looking to work as lifeguards in swimming pools.

Adult Swimming Lessons (all levels)

Tai Chi, Fitness Yoga, Pilates

Start your own Business

Introduction to Book Keeping

British Sign Language

Buying and Selling on Ebay

Making the most of your iPad

Photoshop

Photography for Beginners

Play the Guitar (All levels) for Adults & Children

Mindfulness

Sewing

French , Italian , Spanish, Portuguese

Food Safety

For any information on any of these courses please contact Student Services on 01384 816043 or go to [www.learning4life.co.uk](http://www.learning4life.co.uk)

Revised 24/01/2018

## The Programme

Mon	16.00 -16.30	Beginners, Improvers & Intermediates 2/3
Mon	16.30—17.00	Pre Beginners, Improvers & Intermediate 1
Mon	17.00 - 17.30	Pre Beginners, Beginners & Intermediates 2
Mon	17.30 - 18.00	Pre Beginners, Beginners & Intermediate 1
Tues	16.00 -16.30	Pre Beginners & Beginners & Intermediate 1
Tues	16.30 -17.00	Pre Beginners, Improvers & Rookie Bronze
Tues	17.00 -17.30	Pre Beginners, Improvers & Intermediates 2
Tues	17.30 -18.00	Pre Beginners, Beginners & Intermediates 3
Tues	18.00 -18.30	Pre Beginners, Beginners & Intermediates 1
Tues	18.30 -19.00	Intermediates 1
Wed	16.00 -16.30	Pre Beginners, Improvers & Intermediates 1
Wed	16.30 -17.00	Pre Beginners, Beginners & Intermediates 2
Wed	17.00 - 17.30	Beginners, Improvers & Intermediates 3
Wed	17.30 - 18.00	Pre Beginners, Beginners & Intermediates 1
Wed	18.00 - 18.30	Beginners & Improvers
Thurs	16.00-16.30	Pre-Beginners, Beginners & Rookie Silver
Thurs	16.30 -17.00	Pre-Beginners, Improvers & Intermediates 1
Thurs	17.00 -17.30	Beginners, Improvers & Intermediate 2/3
Thurs	17.30 - 18.00	Pre Beginners, Beginners & Rookie Bronze
Thurs	18.00 - 18.30	Beginners, Improvers & Intermediate 1
Fri	16.00 -16.30	Pre Beginners, Beginners & Rookie Bronze
Fri	16.30 -17.00	Pre-Beginners, Improvers & Intermediate 1
Fri	17.00 -17.30	Pre Beginners, Beginners & Intermediates 1
Fri	17.30 -18.00	Pre Beginners, Improvers & Intermediates 2/3
Fri	18.00 -18.30	Beginners, Improvers & Rookie Bronze
Fri	18.30 -19.30	Advanced
Sat	9.30 -10.00	Pre Beginners, Pre Beginners & Intermediate 1
Sat	10.00 -10.30	Beginners, Improvers & Intermediate 3
Sat	10.30 -11.00	Pre Beginners, Improvers & Intermediates 2
Sat	11.00 -11.30	Pre-Beginners, Beginners & Intermediates 1
Sat	11.30 -12.00	Rookie Silver
Sat	11.30-12.30	Survive & Save Bronze
Sat	12.00 -12.30	Rookie Silver / Gold
Sat	12.30-13.30	Survive & Save Silver & Gold
Sat	14.30 -15.00	Pre Beginners & Beginners
Sat	15.00 -15.30	First Steps & Pre-Beginners
Sat	15.30 - 16.00	Beginners & Improvers
Sat	16.00 - 17.00	Advanced
Sun	10.00 - 10.30	Beginners
Sun	10.30 -11.00	Pre Beginners & Beginners
Sun	11.00-11.30	Pre Beginners & Pre Beginners
Sun	11.30 -12.00	First Steps, Beginners & Intermediates 1
Sun	12.00—12.30	Pre Beginners, Improvers & Intermediates 2/3



# Swim School 2018-2019

The Wordsley School, Brierley Hill Road, Wordsley, Stourbridge, West Midlands. DY8 5SP

## Term Dates

### Term 1

Mon. 10th Sept. to Sun. 16th Dec. 2018 exc. Mon. 29th Oct. to Sun. 4th November

### Term 2

Mon. 7th Jan. to Fri 12th April 2019 exc. Mon. 18th Feb. to Sun. 24th Feb.

### Term 3

Mon. 29th Apr. to Sun. 21st July 2018 exc. Mon. 7th May and Sat. 25h May to Sun 2nd June

**Please visit [www.learning4life.co.uk](http://www.learning4life.co.uk) for Terms and Conditions of the Swim School Enrolment Procedures**

If you are interested in joining the swim school for the first time, please call our Student Services team on 01384 816043 for availability. We are open Monday to Friday 09.30 to 13.30 school term time only. All payment methods accepted. Please note that no enrolments can be taken at the poolside.

## Communications to parents

We may need to contact parents from time to time 'en masse' to advise of unfortunate cancellations or events which are due to take place. When this is the case, if we have more than 3 working days notice, we will email parents in the first instance (if we have an email address) and if less than 3 working days we will text parents (if we have a mobile number).

It is therefore essential that parents keep us updated with correct email addresses and mobile telephone numbers. If parents do not wish to be contacted via a particular method please advise our Student Services team.

## Fees

No Concessions. All details are subject to change.

	Sept 2018	Jan 2019	Jan 2019	April 2019	April 2019
	All Days	Mon-Fri	Sat & Sun	Mon, Sat & Sun	Tues—Fri
	13 wks.	13 wks.	12 wks.	10 wks.	11wks.
First Steps/ Pre Beginners/ Beginners/ Improvers <small>28mins</small>	61.10	61.10	56.40	47.00	51.70
Intermediate 1, 2 and 3 Rookie Lifeguard <small>28mins</small>	53.30	53.30	49.20	41.00	45.10
Advanced Survive and Save <small>58mins</small>	66.30	66.30	61.20	51.00	56.10

**Tel.01384 816043.** Mon. to Fri. 9.30 - 13.30 (school term time only)  
[studentservices@learning4life.co.uk](mailto:studentservices@learning4life.co.uk) [www.learning4life.co.uk](http://www.learning4life.co.uk)

## Course Information

### First Steps

Minimum age 3.5 years. The course provides familiarisation activities to develop confidence and preliminary skills with buoyancy aids.

*Awards: Stanley 1, Stanley 2, and Octopus 1*

### Pre-Beginner

Minimum age 4 years. Suitable for children unfamiliar with swimming pools and/or dependent on buoyancy aids. Provides familiarisation activities and skills to develop floatation and propulsion without aids.

*Awards: Stanley 3, Stanley 4 and Octopus 2*

### Beginner

Must be able to swim a short distance (2 m) unaided. The course provides skill development on front strokes and back crawl.

*Awards: Stanley 5, Stanley 6 and Octopus 3 and 5m.*

### Improver

Must be able to swim 5m on front and back. The course helps to improve aquatic skills and stamina. Swimmers will be introduced to deep water.

*Awards: Stanley 7, Goldfish 1, Goldfish 2, 10m and 15m.*

### Intermediate 1

Must be able to swim 15m on a front stroke and 15m back crawl. The course develops confidence in deep water and front crawl breathing action.

*Awards: Goldfish 3, Angelfish 1, Angelfish 2, 20m and 25m*

### Rookie Lifeguard

Minimum age 8 years. Must be confident in deep water and able to swim 25m on a front stroke and 25m back crawl. Develops endurance, survival and life saving skills.

*Awards: Bronze, Silver and Gold Stages 1,2 and 3 For more information see [www.rlss.org.uk/awards-activities/rookie-lifeguard](http://www.rlss.org.uk/awards-activities/rookie-lifeguard)*

### Intermediate 2

Must be able to swim in deep water, 25m on a front stroke and 25m back crawl. The course helps to build stamina and endurance.

*Awards: Angelfish 3, Shark 1, and 50m*

### Intermediate 3

Must be able to swim 50m on a front stroke and 25m on back crawl. The course develops competence on all four strokes.

*Awards: Shark 2, Shark 3, 100m and 200m*

### Advanced Swimmer

Must be able to swim all four strokes (25m) and a front and back stroke for 100m. The course helps to further develop swimming skills and stamina. There is a speed element in these awards and this may not suit swimmers who find it difficult to swim at speed.

*Awards: Bronze, Silver and Gold*

### Survive and Save

Min age 11.5 years. Must be able to swim 25m on a front stroke and 25m on a back stroke. Develops water safety knowledge, first aid, self rescue, survival skills, lifesaving techniques. Can test speed and stamina in a competitive situation and will include timed swim elements.

For more information on this please contact Student Services. Reg. fee £24.95 ( plus p&p )

*For more information please see our website [www.learning4life.co.uk/?page\\_id=572](http://www.learning4life.co.uk/?page_id=572) or*

*[www.rlss.org.uk/awards-activities/survive-and-save](http://www.rlss.org.uk/awards-activities/survive-and-save)*

