

# SWIMMING

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



## Term Dates

### **Term 1**

**Monday 11th September - Sunday 29th October**

**( exc 19/10/23 )**

(7 weeks)

**Monday 6th November - Sunday 17th December**

(6 weeks)

### **Term 2**

**Monday 8th January - Sunday 11th February**

(5 weeks)

**Monday 19th February - Sunday 24th March**

(5 weeks)

### **Term 3**

**Monday 8th April—Sunday 26th May**

(Exc 06/05/24 )

(7 weeks Tues-Sun, 6 weeks Mon)

**Monday 3rd June—Sunday 21st July**

(7 weeks)

## Costs

Pre-beginner, Beginner, Improver, Intermediate 1/2/3 cost **£8.00** per session.

Advanced, National Lifesaving Academy cost **£9.40** per session

All lessons are paid upfront in half termly blocks

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 fill out the 'Swim School new applicant' form on our website <https://learning4life.co.uk/contact-us/>

All payments will only be taken via phone call for new starters and online/automated service for re-enrolment.

## Communications to parents

We may need to contact parents from time to time to advise of unfortunate cancellations or events which are due to take place. This will either be by email or text. For all lesson cancellation, notifications will be sent by email directly from the Swim School platform 'Coursepro'. In all other cases, a communication will be sent from the main office.



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Learning4Life- Wordsley



@learning4life\_wordsley



@Learning4life\_

**Tel.01384 816043.** Mon. to Fri. 9.30 - 14.30 (school term time only)

[studentservices@learning4life.co.uk](mailto:studentservices@learning4life.co.uk)

[www.learning4life.co.uk](http://www.learning4life.co.uk)

## Course Information

**Pre-Beginner:** Awards: Stanley 3, Stanley 4 and Octopus 2

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.

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

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

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

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.

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

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.

**Rookie Lifeguard:** 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)

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.

**Intermediate 2:** Awards: Angelfish 3, Shark 1, and 50m

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.

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

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

**Advanced Swimmer:** Awards: Bronze, Silver and Gold

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.

**National Lifesaving Academy:** Min age 12 years. Must be able to swim 25m on a front stroke and 25m on a back stroke.

A suite of progressive awards that teach personal survival, first aid, CPR; rescue and fitness skills. For more information on this please contact Student Services. Reg. fee applies

## Learning4Life Swimming Progression Steps

