Pre-School, Junior and Adult

Swimming Lesson Information

Teddington Pools & Fitness Centre
Vicarage Road, Teddington TW11 8EZ
www.richmond.gov.uk/tpfc

Pools on the Park
Old Deer Park, Twickenham Road, Richmond TW9 2SF
www.richmond.gov.uk/potp

Phone: 020 3772 2999

Valid from Autumn 2019 term
Pre-School Swimming Classes - up to 5 years old

Children are accompanied into the water by the parent/guardian with a ratio of 1 adult:1 child.

**Adult & Child 6 months to 1 year** – To give the baby the experience of a pool situation and to show the adult what can be safely expected of and achieved by the baby.

**Adult & Child 1 to 2 years** – To give young children water confidence using songs and games to assist in development (including going under water)

**Adult & Child 2 to 3 years** – To encourage further water confidence to enable the children to move through the water on their own without being held by an adult.

Children are accompanied into the water by the swimming teachers and should have had their 3rd birthday

**Pre-school Beginners** – This class is suitable for children who are non-swimmers and require buoyancy aids.

**Pre-school Improvers** – To join this class children should be able to swim 3m on their front with their face in the water without buoyancy aids.

**Pre-school Advanced** – To join this class children should be able to swim 5m front paddle and 5m back paddle without buoyancy aids.

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Swimming Lesson Information

- No free swimming permitted before or after the lessons.
- In order to prevent accidents and pool closures all children under 2½ years and older children who are not toilet trained SHOULD wear an ‘aqua nappy’ at all times whilst in the pool, even if it is under their own costume. Aqua nappies can be purchased at the reception desk.
- Anyone not participating in the lessons are not permitted on poolside during the lessons.
- If you are not required to enter the water with your child then you are requested not to distract or communicate with them during the lesson.
- The taking of photographs is strictly forbidden.
- Medium/long hair should be tied back during the lesson.
- For junior and adult lessons swim hats are recommended but not essential.
- You should arrive 10 minutes prior to the start of the lesson to allow time for assisting with changing.
Junior Swimming Classes - 5 years and older
These classes are suitable for children who are at full time school and who are 5 years old and above or will turn 5 before 31 August 2020.

Teaching Pool
Stage 1 – Suitable for children who are non-swimmers.
Stage 2 – Children should be able to swim 3m on their front with their face in the water unaided.
Stage 3 – Children should be able to swim 5m front crawl and 5m back crawl.
Stage 4 – Children should be able to swim 10m frontcrawl and 10m backcrawl.

Main Pool
Stage 5 – Children should be able to swim 15m basic frontcrawl, 15m basic backcrawl with an awareness of breastroke and be confident in the main pool out of their depth.
Stage 6 – Children should be able to swim 25m basic frontcrawl, 25m basic backcrawl and 15m basic breastroke.
Stage 7 – Children should be able to swim 50m alternating frontcrawl and backcrawl with good technique and 25m basic breastroke with an awareness of butterfly.
Stage 8 – Children should be able to swim 200m and have good technique on frontcrawl, backcrawl and breastroke and basic butterfly.
Stage 9 – Children should be able to swim 600m and have good technique on frontcrawl, backcrawl and breastroke and basic butterfly.
Stage 10 – Children should be able to swim 800m in under 25 minutes and have correct technique on frontcrawl, backcrawl and breastroke and good technique on butterfly.

Rookie Lifeguards - Pupils should be aged 8 years plus and Stage 8 or above.
Swim Fitness Junior - Pupils should be aged between 8-12 years and Stage 9 or above.
Swim Fitness Teen - Pupils should be aged 12 years plus and Stage 9 or above.
Adult Swimming Class Criteria

**Be Water Confident - Beginners (teaching pool/main pool shallow end)** – aimed at non swimmers and also those lacking water confidence.

**Be A Swimmer - Improvers (main pool)** – aimed at those who can swim at least 10 metres on their front with their face in the water, are confident in the main pool and prepared to go out of their depth. This level focuses on improving swimming technique and water skills such as treading water.

**Be A Better Swimmer - Advanced (main pool)** – aimed at those who can swim at least 1 length on their front and back and can tread water. This level focuses on improving swimming techniques, breathing and general stamina.

### Booking Terms & Conditions

- The centre reserves the right to alter the lesson timetable subject to demand.
- We try to have the same instructor for the duration of the course, but due to circumstances beyond our control this may not always be possible.
- All classes should be paid for in full when booking. Courses will only run if there are sufficient numbers enrolled on them. Any courses cancelled by us will be refunded in full.
- Term time lessons are only available as a course and participants may join up to and including the 2nd lesson of any course. After this time they may not join the current course.
- Priority for the following term’s lessons are given to participants attending lessons the previous term. This should be used within the time specified. If a participant misses a course of lessons or does not book within the priority period then they will lose their space in lessons.
- As priority for the following term is given to current participants there may not be spaces available in every class when booking opens. If there are no spaces available in your chosen class you may ask to have your child placed on the waiting list.
- Waiting lists are specific to the class and term and do not roll over.
- If a lesson is cancelled due to a ‘toilet incident’, vomit or similar in the pool then a credit will be made for the following term.