

Summer Swimming Crash Courses



Give your child a swimming boost this summer!

Joy Lane Swim School is going to be running swimming crash courses during the summer holidays. Lessons are designed to be progressive and run for **30 minutes each day**. Ratios are purposely kept low at a maximum of 1:6 to ensure children gain the most out of their swimming lessons.

5 day course available w/c 6th August: Monday - Friday at £42.50 (morning time)

4 day course available w/c 27th August: Tuesday - Friday at £34 (morning time)

To help us gauge interest and plan for lessons, please complete and return the attached form to either the main school office or your child's class teacher. Once we have collated the responses, we will then contact parents/carers with the times available for the week/s they have chosen.

Duckling 1-2 (pre-school)	This class is aimed at children between 3 - 4 years who are new to swimming lessons or are not yet water confident e.g. unable to submerge their face confidently, float on their front and back unaided
Duckling 3-4 (pre-school+)	This class is aimed at children between 4 - 5 years who have previously attended adult and child swimming lessons or are water confident e.g. able to submerge their face confidently, float on their front and back unaided and paddle/kick a short distance unaided
Stage 1 (beginner 1)	For children 5 years and over who are new to swimming lessons and are not yet water confident e.g. unable to submerge their face confidently, float on their front and back unaided.
Stage 2 (beginner 2)	For children 4 years old and over who have passed Pre School 2 or Stage 1 and are water confident e.g. able to submerge their face confidently, float on their front and back unaided and paddle/kick a short distance unaided.
Stage 3 (Intermediate 1)	For children who have passed Stage 2 or able to travel 5 metres on both the front and back without the use of buoyancy aids, able to regain standing and blow bubbles into the water.
Stage 4 (Intermediate 2)	For children who have passed Stage 3 or are able to travel 10 metres on their front and back unaided with a basic technique. Confident to jump in and submerge under water and have experience in deep water.
Stage 5 (Improver 1)	For children who have passed Stage 4 or are able to kick 10 metres of front crawl, backstroke, breaststroke and butterfly with good technique and swim 10 metres of a stroke.
Stage 6 (Improver 2)	For children who have passed Stage 5 or able to swim 10 metres of front crawl, backstroke, breaststroke and butterfly with good technique and are able to confidently tread water and perform somersaults in the water.
Stage 7 (Improver 3)	For children who have passed Stage 6 or are able to swim 10 metres with clothes on, swim front crawl, breaststroke and butterfly with rhythmical breathing, swim 25 metres correct technique of at least 1 stroke, able to surface dive to the bottom of the pool, confident in deep water and able to swim with clothes on confidently
Stages 8-10 (swim fit)	Once the swimmer has developed the core range of skills required to be confident, competent and safe in the water through Stages 1 - 7, the swimmer can focus on the development of competitive swimming techniques such as advanced skills for speed on all four strokes, starts, turns and following specified training sets and programmes.



<p>Your Name:</p> <p>Child's Name:</p> <p>Age:</p> <p>Ability of child: (please use criteria above)</p> <p>Class (Joy Lane Primary School only):</p>	<p>Address:</p> <p>Postcode:</p> <p>Mobile Number:</p> <p>Week of interest:</p> <p>Times available for lessons (morning only, 30 min slot from 8:30-11:30)</p>
<p>Email address:</p>	