

Swimming Lessons at Joy Lane Primary School



Dear Parents & Carers

We are looking at starting after-school swimming lessons at Joy Lane Primary School in the New Year. We are planning to run a 10 week block of lessons designed to cater for all abilities and ages with a low teacher/pupil ratio of 1:6. Lessons are designed to develop confidence in and around the pool with our fully qualified ASA Level 2 teachers. Our teaching plan will follow the ASA National Plan for Swimming. The 10 week block of lessons will start on Monday 15th January 2018 and finish the week commencing Monday 26th March 2018 (with a break during half term). Your child will be provided with a report and badge (*badge at an additional cost and conditional to achieving the necessary skills*) at the end of the 10 week programme. The cost of these lessons will be charged at £85 which will need to be paid in advance either by debit card at the School's main office or via the School's website. We have set our price in accordance with other swim schools in the area, which we believe is good value for money considering the low teacher/pupil ratio and the facilities we have to offer.

To help us gauge interest and plan for lessons, please complete and return the form below to the School office. In due course, we will be contacting parents and carers with further details.

Duckling 1-2 (pre-school)	This class is aimed at children aged 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 aged 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.
General Enquiries & Private Lessons	Private lessons are available priced at £18 for 30 minutes. These are subject to limited availability. Please email the School office for further details on: swimschool@joylane.kent.sch.uk



Your Name: Child's Name: Age: Ability of child: <small>(please use criteria above)</small> Class (Joy Lane Primary School only):	Address: Postcode: Mobile Number:
Email address:	