



# Lesson Criteria

This is a guideline of the standard required to enter each level



## **Beginner 1 (A.S.A Award Level 1)**



- Minimum of 4 years old
- Can only swim with armbands
- If child is unable to swim with a float (not arm bands) on front and back for 5 metres they must start in this level

## **Beginner 2 (A.S.A Award Level 2)**



Must be able to:

- Swim with a float for 5 metres on front and back
- Use of arm bands are not allowed in this level
- Get face wet and blow bubbles in water
- Confidently enter water
- Identify pool sinkers on pool floor and retrieve by hand

If Child cannot do all above they must start in beginner 1

## **Level 3 (A.S.A Award level 3)**



Must be able to:

- Swim in water 1 metre deep
- Swim without aids
- Swim 10 metres with basic technique on front and back unaided
- Must be able to swim with arms extended and with face in water
- Turn feet out for breaststroke only

Level 3 classes are held in the main pool to help with the transition from small pool to big pool and pupils who would benefit from deeper water

## **Level 4 (A.S.A Award level 4)**



Must be able to:

- Swim in water 1.5 - 2 metres deep
- Float on front and back unaided
- Swim 15 metres in a recognised stroke front and back
- Confidently jump into water 2 metres deep
- Can roll from back floating to front and swim 10 metres

## **Level 5 (A.S.A Award Level 5)**



Must be able to:

- Push and glide on front and back for 5 metres
- Swim 25 metres in recognised stroke on both front and back
- Swim 15 metres with basic leg action for Breaststroke
- Tread water for 45 seconds
- Submerge underwater for 5 seconds

## **Level 6 (A.S.A Award Level 6)**



Must be able to:

- Swim 25 metres Breaststroke with correct leg and arm timings
- Swim 50 metres Backstroke and Front Crawl
- Swim 10 metres Front Crawl transfer to Backstroke with smooth transition for a total of 25 metres

## **Intermediate (A.S.A Award level 7/8)**



Must be able to:

- Swim 100 metres in Backstroke and Front Crawl
- Swim 50 metres in Breaststroke
- Swim 10 metres of full Butterfly Stroke
- Enter the water from a head first surface dive (sitting or standing)

## **Advanced (A.S.A Award level 9/10)**



Must be able to:

- Swim 400 metres
- Swim 25 metres of Butterfly showing efficient technique
- Correct turns for all strokes whilst swimming 75 metres
- Attempt a racing dive into a 25 metre swim

## **Swim Fit (A.S.A Swim Challenge awards Bronze, Silver, Gold) 40 mins lesson**



Must be able to:

- Swim 800 metres in any stroke
- To perform a plunge dive into water and swim 50 metres
- Show appropriate turns for Butterfly to Backstroke, Backstroke to Breaststroke and Breaststroke to Front Crawl
- Able to use pace clock for start and rest period



## Children's Swimming lessons

### 10 Week Swimming Course

Tuesday 22nd April -

Saturday 5th July 2025

(Thursday 10th July, Saturday 12th July AM Lessons)

Prices for 10 week course

Pool and Gold members £99.00 inc VAT

Non members and Dry-side members £110.00 inc VAT

Brentwood School Sports Centre

Middleton Hall Lane, Brentwood, Essex CM15 8EE

01277 243344

sportscentre@brentwood.essex.sch.uk

www.brentwoodschool.co.uk/sports-centre



We offer a variety of memberships including our amazing value family membership which includes free membership for children. For more details and latest offers contact us 01277 243344 or email [sportscentre@brentwood.essex.sch.uk](mailto:sportscentre@brentwood.essex.sch.uk)

## How to book

Please read terms and conditions and then complete the application form below and return it to Reception along with payment. Lessons are subject to availability.

Child 1 Name:.....

D.O.B:.....

Child 2 Name:.....

D.O.B:.....

Child 3 Name:.....

D.O.B:.....

☐ Tick if details have not changed since last booking

Address .....

.....

Postcode.....

Contact Tel No: .....

Email:.....

Emergency contact No:.....

Medical Conditions Yes No

If yes, please provide relevant details or any other relevant information the swimming teacher may require:

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.....

I would like to book a space into:

Child 1 Level ..... Day ..... Time .....

Child 2 Level ..... Day ..... Time .....

Child 3 Level ..... Day ..... Time .....

I have read and agree to abide by the terms and conditions. Signature .....

## Terms and Conditions

- All swimming lessons are available to members and non members.
- In order to receive a discounted rate on swimming lessons the Child must be part of and have an active current Family Gold or Poolside membership.
- Lessons must be paid in advance and are not refundable unless accompanied by a doctors certificate or letter; refunds will be given in the form of a credit against future courses. Requests for refunds must be put in writing and for the attention of the Operations Manager.
- Pro rata discount may be arranged on agreement with Operations Manager.
- Any medical conditions are to be disclosed at the time of booking under conditions of usage at the Sports Centre.
- Pupils must be able to perform the basic requirements for the level. If unable to meet these requirements the instructor is obliged to change the level which may result in an alteration in start time and the class availability.
- Pupils under the age of eight years old must be accompanied by an adult, who must use the changing rooms appropriate to their biological sex.
- Under no circumstances are parents or spectators allowed to stay in the swimming pool area may only escort their child and collect them after their lesson.
- Priority on future courses will be assigned to existing swimming lesson students.
- A polite reminder that all valuables / possessions MUST be secured in lockers where available and NOT left hanging in the changing rooms as these will need to be taken by the adult.
- Food and drink purchased on the site must be consumed in the designated areas.
- Brentwood School Sports Centre rules must be adhered to at all times.
- Swimming hats are to be worn by all pupils in lessons
- Swimming lesson members are not entitled to use the pool outside of their lesson time. Only Current paying Gold or Pool side members can use the facilities.
- If a child has had diarrhea within 48hours it is advised to refrain from swimming.
- It may be necessary on occasion to change the day / time of lessons.
- Children should arrive swim ready where possible.

For their own safety pupils **MUST** wait by poolside and not enter the pool until they are instructed to do so by their teacher.

Should your child require the toilet and the Swimming Teacher is unable to get your attention they will be sent unaccompanied to use the toilet.

Polite reminder to use the lockers where available or take the clothes with you.

## Children's Swimming Course Timetable

	Tue	Wed	Thurs	Sat
<b>Beg 1</b>	6.05pm		5.30pm	10.55am 11.30am 2.45pm 3.20pm
<b>Beg 2</b>	5.35pm 6.40pm		6.05pm	10.20am 12.05pm 3.55pm 4.35pm 5.10pm
<b>Level 3</b>	5.30pm 6.05pm		6.40pm	10.55am 12 noon 3.05pm 4.35pm
<b>Level 4</b>	6.40pm		5.35pm	10.20am 11:30am 3.35pm 5.10pm
<b>Level 5</b>	5.40pm		6.05pm	11.30am 4.05pm 5.45pm
<b>Level 6</b>	6.10pm	5.30pm	6.35pm	10.30am 5.35pm
<b>Intermediate</b>	6.40pm	6.00pm	7.05pm	11.00am 5.05pm
<b>Advanced</b>	7.10pm	6.30pm		10.00am 4.35pm
<b>Swim Fit 40 mins</b>		7.00pm	12noon 2.25pm (Normal Time 3.55pm) Temporary time change will revert back asap	