

# 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 unaided [not arm bands] on front and back for 4 metres they must start in this level

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

Must be able to:

- Swim kicking on back for 4 metres no aids
- Swim on front using arms and kicking legs for 4 metres no aids
- 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 afloat 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 kicking on front and back unaided
- Must be able to swim with arms coming over and with face in water
- Turn feet out for breaststroke only

Level 3 classes are held in the main pool

## **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

## **Fitness Swim (Level 6, Intermediate, Advanced and Swim Fit)**

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

## **Learn To Dive and use Flippers**

A great way for children to improve or simply learn how to dive. Learn to Dive will include racing dives for all 4 strokes where possible (dependant on child's ability). Learn how to use flippers to help strengthen legs.

Must be able to:

- Swim in water 2 metres deep
- Swim a minimum of 50 metres



## Children's Swimming lessons February Crash Course

Monday 16<sup>th</sup> February - Friday 20<sup>th</sup> February 26

Price for 5 day intensive course

Pool and Gold Members £49.50  
Non Members and Dry-side Members £55.00

01277 243344

sportscentre@brentwood.essex.sch.uk  
www.brentwoodschool.co.uk/sports-centre

Brentwood School Sports Centre,  
Middleton Hall Lane, Brentwood, Essex CM15 8EE

We offer a variety of memberships including our amazing value family package which includes children for no added cost. For more information and latest offers contact us!

## How to Book

Fill out the reply slip on the leaflet, including the level and time of the lesson which you wish to book and return it to reception with payment. Bookings will only be accepted with a completed booking form and full payment for the course.

## How to Book:

Child 1 Name .....  
 D.O.B.....  
 Child 2 Name .....  
 D.O.B.....  
 Child 3 Name .....  
 D.O.B.....

☐ Please 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 details so we can pass onto swimming teacher

.....  
 .....  
 .....

I would like to book:

Child 1 Level ..... Time .....  
 Child 2 Level ..... Time .....  
 Child 3 Level ..... 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 Swimming Coordinator.
- Pro rata discount may be arranged on agreement with Swimming Coordinator.
- 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 only may escort their child and collect them after their lesson.
- 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 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.**

## February Crash Course

Monday 18 <sup>th</sup> - Friday 20 <sup>th</sup> February	
Beg 1	3.35 - 4.05pm 4.45 - 5.15pm
Beg 2	4.10 - 4.40pm
Level 3	3.00 - 3.30pm
Level 4	3.35 - 4.05pm
Level 5	3.00 - 3.30pm
Fitness Swim (Level 6 and Above)	4.10 - 4.40pm
Learn to Dive	4.45 - 5.15pm