

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 ail 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



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

11 Week Swimming Course

Tuesday 14th April -

Saturday 4th July 2026

(Saturday 11th July Morning Lessons)

Prices for 11 week course

Pool and Gold members £108.90inc VAT

Non Members and Dry-Side members £121.00inc VAT

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:

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

Please tick if details have not changed

Address.....

 Postcode
 Contact tel no.....
 Email
 Emergency tel no

Medical conditions Yes No
 If yes please provide details so we can
 pass onto swimming teacher

.....

I would like to book:

Child 1 LevelDayTime
 Child 2 LevelDayTime
 Child 3 LevelDayTime

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.
- 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.

No filming or photography allowed anywhere in the pool hall

Childrens Swimming Course Timetable

	Tues	Wed	Thurs	Sat
Beg 1	6:05pm		5:30pm	10:55am 11:30am 2:45pm 3:20pm
Beg 2	5:35pm 6:35pm		6:05pm	10:20am 12:05pm 3:55pm 4:35pm 5:10pm
Level 3	5:30pm 6:05pm		6:40pm	10:55am 12 noon 3:05pm 4:35pm
Level 4	6:40pm		5:35pm	New 10:20am 11:30am New 12:30pm 3:35pm 5:10pm
Level 5	5:40pm		6:05pm	11:30am 4:05pm 5:45pm
Level 6	6:10pm	5:30pm	6:35pm	New Start Time 11:00am 5:35pm
Intermediate	6:40pm	6:00pm	7:05pm	New Start Time 10:30am 5:05pm
Advanced	7:10pm	6:30pm		10:00am 4:35pm
Swim Fit 40 mins		7:00pm		12 noon 3:55pm