

## **Pool Activities - TLC**

### **Swim School**

Aimed at learners and improvers alike to develop their skills and technique. Instruction is provided by fully qualified instructors who will organise lessons for the needs of newcomers and the experienced alike. Book soon and we will have you swimming like fish!

#### **Pre-School – Age 3 – 4 yrs non swimmers**

A gentle introduction to the idea of water designed play to gain the child's trust and confidence, without their parents in the water.

#### **Stage 1 – Age 4 plus non swimmers**

The child will continue to build on water confidence and basic swimming skills in this session.

#### **Stage 2 - Age 4 plus, able to swim 5 metres on both front and back**

A chance for school aged children to learn to swim and progress to the basic strokes.

#### **Stage 3 – Able to swim 15 metres on both front and back paddle – Lessons in the main pool**

Suitable for school aged children who can swim a width of the learner pool. A chance to progress further by improving their stroke techniques.

#### **Stage 4 – Able to swim 25 metres and 10 metres front and back using correct stroke technique – Lessons in the main pool**

Suitable for school aged children who can swim both front crawl and back crawl and wish to improve strength and stamina in the shallow end of the main pool.

#### **Breast Stroke Technique – able to master basics of breast stroke**

This class is for children who wish to improve their breast stroke technique, must have some knowledge of breast stroke. Ideally 25 metre swimmers.

### **Badge Testing** – 25 metres plus

Please pre-book for this, and state distance required. Correct stroke work, front crawl, back crawl and breast stroke will be required for all distances of 50 metres and above.

### **TLC only**

#### **Diving – able to swim 50 metres**

Basic diving skills will be taught from gliding, jumping to pike falls. Hair must be tied back and no goggles are allowed. Children should be able to swim 50 metres comfortably with face in the water.

#### **Discover Snorkelling**

One day taster courses. A fun and easy exciting introduction to snorkelling equipment and techniques for anyone over 8 yrs of age. Learn skills needed to swim comfortably with mask, fins and snorkel.

#### **Discover Scuba Diving**

1 and 2 day courses based on the Padi Seal Team with progressive practices. If you want you can book onto both the one and 2 day courses. Courses are for those who have never done scuba before or have enjoyed their first experience and wish to do more. First half hour of courses has an introduction and theory followed by 55 minutes in swimming pool. Must be a strong 25 metre swimmer. Please ensure that Medical Booklet, (obtainable from reception), is returned one week prior to course.

Children must meet the required entrance criteria for all lessons.