

## **Come and Swim at South Gloucestershire Leisure...**

Isn't it just great to splash around and have fun with your friends when you're a kid! Often underestimated, swimming is a vital life-time skill, providing safety in the water but above all it's just a blast. Some children just enjoy attending our lessons achieving their badges at their own pace whilst others go on to swim at a more competitive level or within a club. Some of our coaches even developed their own swimming skills throughout childhood at our centres; that's just how well established our swimming programmes are.

### **Developing a pathway to swimming success...**

Each site can accommodate your child no matter what their age or ability.

#### **Beginners – small pool**

We are keen to get all children off to a good start that is why we start our classes off for baby's aged just 3-months! 'Too young' you may think, but you'll be surprised by your child's own natural ability in water. Our sessions are playful and fun developing water confidence through light-hearted repetition and once ready we will begin to introduce the basic swimming techniques.

Next we begin to set small challenges, small manageable goals with a badge reward at the end for all your child's efforts. Throughout these challenges we will continue to work on their swimming techniques whilst building up pool stamina.

The 1<sup>st</sup> challenge is to swim 5metres on the front and 5metres on the back; the 2<sup>nd</sup> to swim 10 metres face down in water. We will continue to set little challenges like these until your child becomes proficient enough to swim a full 25metres; that is the entire length of the big pool!

#### **Improvers – big pool**

This is THE big step up into the big pool where your child will be developing and learning all of the three main swimming strokes; front crawl, breaststroke and backstroke with the aim of building up to 50metres; that is the entire length of the pool twice! Pending on your child's self-confidence we may begin to introduce diving at this stage.

Our coaches will continue to set challenges with badge awards, continually working on technique whilst building pool stamina right up to 400meters (8 lengths!).

#### **Advanced Swimmers – big pool**

Once your child has learnt to swim it needn't all stop there! You may find your child wanting to achieve one of our Amateur Swimming Association Awards, Bronze, Silver, Personal Survival and Gold awards. They may want to join a club (even water polo club) where they will gain new social skills, friends and may even enjoy achieving their highest sporting dreams.

### **Every child is a winner with South Gloucestershire Leisure...**

What ever your child's ambition you will have provided your child with a foundational life-skill a skill that could potentially keep them fit and healthy for the rest of their life.

## **ADULT LESSONS; Non-Swimmers and Swimmers**

### ***A message to the non-swimmer...***

I don't know about you but I can think of a number of reasons why a non-swimmer wouldn't even approach a pool. Perhaps they are afraid of getting out of their depth, of putting their face in the water, feeling intimidated or even worried about putting on a swimming costume or pair of shorts.

If you are a non-swimmer and want to learn, the first requirement is that you are going to have to get used to laughing (a lot). More important than any other aspect are our coaches. If you are after a pushy coach you won't get one here; our instructors totally understand fear of water and they are here to encourage you and help you build water confidence.

Should you choose to come to one of our classes what you will find are a group of people all fallen out of the same capsized boat, all wanting to learn and even some of them sharing similar fears or bad experiences. Well, a warm welcome awaits you. Throughout our sessions you will learn that you are in control, not the water. We will teach you swimming techniques that enable you to take command and flow through the water with grace.

### **Adult Beginners Class**

To begin with we will not throw you into the deep end! Where possible we try to start all our beginners off either in the small pool or shallow end of the main pool (easily within depth) as being in control of your own space and environment is the best way of building up water confidence. You will go through various confidence building exercises and once ready our instructors will begin to introduce the basic swimming techniques. Once these are a bit more established you will find you will start to increase distance and build up something we call 'pool stamina'.

### **Adult Improvers Class**

This class takes place in the main pool and is for those who would like to develop their stroke technique and pool stamina. Our coach will work with you taking you through the three main strokes (front crawl, backstroke and breaststroke), improving your techniques and encouraging you to build up distance.

### **Adult Advance Swimmers**

A step up from the Improver Class. Our coach can teach you pool drills which will allow you to flow more efficiently through the water. You will also be encouraged to build up pool fitness through endurance and speed work. Should you have any areas you specifically need help with our coaches will be more than happy to assist you to achieve your goals.