



# Application Form

Which lessons are you interested in?

- Junior Lessons  
  Adult Lessons  
  1 to 1 Lessons  
  Adult and child lesson

At which centre?

- Victoria Park Leisure Centre  
  West Park Leisure Centre

Mr / Mrs / Ms / Master / Miss (delete as applicable)

First Name \_\_\_\_\_ Surname \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

Home Telephone \_\_\_\_\_

Mobile \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_\_\_

Is the learner able to swim unaided?  Yes  No

If yes, approximately how far? \_\_\_\_\_

- Which strokes?  
 Front Crawl  
 Backstroke  
 Breaststroke  
 Kick on the back unaided  
 Front (doggy) Paddle

Is the learner confident to put their face in the water?  Yes  No

Has the learner attended lessons before?  Yes  No

If yes, to what level? \_\_\_\_\_

Are there any special requirements or medical conditions that we need to be aware of? \_\_\_\_\_

\_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

PLEASE RETURN THIS FORM TO  
West Park Leisure Centre or Victoria Park Leisure Centre



CHANGE YOUR LIFE...



Regular swimming will make you **fitter** and improve your **health**, it's a very sociable activity and a great way to meet **new friends** and a wonderful way to play with your **family**.

It's a perfect way to **relax** and de-stress yourself, learning to swim keeps you **safe** in and around water and it's **fun!**



Culture & Leisure Services

# NATIONAL TEACHING PLAN FOR SWIMMING

The national teaching plan provides a **fun learning environment**.

There are **10 stages**:

- 7 core stages which develop **basic swimming skills**
- 3 further stages which include **Mini Polo, Diving, Synchronised Swimming, Rookie Lifeguard, Competitive Swimming & Snorkelling**

## WHAT ARE THE BENEFITS?

**Competence, confidence and fun** in the water - plus **safe swimming**. We also hope you'll enjoy a **healthier lifestyle & a lifelong love of swimming**.

## JUNIOR LESSONS

**Aquababes** (5 months – 3 years old) A foundation level programme for developing early water confidence which is encouraged through adult and child lessons. The emphasis is on development of basic movement skills and introducing your child to the water through fun and games.

**Tadpoles** (3-4½ years) Develop the skills learnt in Aquababes and begin to gain confidence with reduced support.

**Puffins** (4½ – 5 years) A stepping stone between Tadpoles and Stage 1. This class is also helpful for nervous non-swimmers.

**Stage 1** Develop basic safety awareness, basic movement skills and water confidence, swimmers may use buoyancy aids.

**Stage 2** Basic floating, travel front & back to a distance of approximately 5 metres, rotation, developing underwater skills.

**Stage 3** Developing safe entry into and out of the water, underwater skills, travelling up to 10 metres, front & back. Progressing rotation skills and water safety knowledge. All assessments without aids or support.

**Stage 4** Swim 10 metres, showing improved technique. Develop an understanding of buoyancy through a range of skills.

**Stage 5** Introduction & development of deep water skills such as sculling and treading water, further improvement of strokes over 10 metres.

**Stage 6** Co-ordinating strokes, swimming a distance of 25 metres using a stroke of your choice and developing water safety skills.

**Stage 7** Develop quality stroke technique up to 100m. Combine the skills you've learnt already into a linked routine. Complete an obstacle course using a variety of skills.



Once the swimmer has developed the core range of skills required to be confident, competent & safe throughout these stages, the swimmer may then have the choice to take part in different aquatic disciplines in stages 8 - 10.

**Personal Survival** Learn basic survival skills in the water, including swimming fully clothed. Also builds stamina.

**Stages 8 – 10** Fundamental Sport Skills:

- Aquafun - Synchronised Swimming
- Flip n Fun - Diving (Victoria Park only)
- Introduction to Competitive Swimming
- Snorkelling - Introduction to basic snorkelling skills
- Mini Polo - Water Polo
- Rookie Lifeguard

## ADULT LESSONS

Adult lessons are aimed at all ages and abilities - from the very nervous non-swimmer to those wishing to improve their strokes. Lessons are at your own pace, in a friendly atmosphere, with experienced teachers.



## 1 TO 1 LESSONS

1 to 1 lessons are aimed at both adults and children and are useful to:

- help the long term non-swimmer move on to the next stage
- give confidence and support to nervous swimmers by having a teacher in the water with them
- teach water safety skills to swimmers unable to work in mainstream lessons
- for adults who may never have learnt to swim

## HOW TO ENROL

Complete the **Learn to Swim Application Form** on the back and return to either Victoria Park Leisure Centre or West Park Leisure Centre.

## CONTACT US

For any further information or advice, please contact us:

### Victoria Park Leisure Centre

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### West Park Leisure Centre

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Long Eaton  
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NG10 4AA

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