

Swim School Information



What Membership Offers You

As part of each of our membership packages, we offer you:

- Monthly Direct Debit payments
- Membership card for fast access to swipe at the reception turn-style (*please remember to bring your Card to every lesson*)
- 1 class per week for 48 weeks of the year
- A programme that is tailored to the needs of the children
- Continual assessment to maximise progression
- **Free swimming** in appropriate public sessions (*on production of Membership Card*). Please see our timetable at mybst.org/Basingstoke
- 10% discount on Private Lessons, Crash Courses and children's dry side courses

Your Journey Through Swim School

Little Fishes Swim School (Parent & Baby) **£21.50** per month

These classes are designed to meet the needs of toddlers and babies under 3 years old, separated into the following age groups:

4 - 12 months **12 - 24 months** **24 - 36 months**

- Parent and baby classes are a fun, shared experience and provide a great opportunity for parent/guardian to meet others.
- Lessons run for 20 minutes throughout the mornings and weekends.

Dolphin Swim School **£26.50** per month

We offer the full Swim England National Plan for Teaching Swimming, but have tailored it to suit the needs of your child by designing extra classes to make your child's progression easier and faster. These classes run for 25 minutes:

- Pre-School Classes are for pupils who are **3 and 4 years of age** and will either go in to the pool alone or with a parent/guardian.
- Improver/Advanced classes are designed to allow faster progression through stages and increase the development of the strokes in an environment more suitable for the needs of the child.

Dolphin Stages		DESCRIPTION	
Red Stage & Pre-School Beginner	Develops basic water awareness and movement skills.	Red Advanced & Pre-School Improver	Learning to Float and Swim 3m Front & Back without assistance
Orange Stage	Learning to swim 5m Overarm, Front crawl & Backstroke independently & Introduces water safety knowledge		
Yellow Stage	Develops swimming up to 10m on the Front with breathing and Backstroke. Furthers water safety knowledge.		
Green Stage	Develops kicking techniques for all strokes and swimming Front crawl & Backstroke up to 15m	Green Advanced	Develops 2 strokes to 25m, Breaststroke & Butterfly Arm actions & Safety and Aquatic Skills
Aqua Stage	Develops water skills including sculling, treading water and rotations; in addition performing all strokes to given standard for 15-50m		
Blue Stage	Develops all strokes up to 100m with starts & turns		
Purple Stage	Develops all strokes up to 200m & Introduces Individual Medley's and swim sets using the pace clock		

Squad

£39.00 per month

A 45 minute session for pupils who have completed Stage 7 Purple and wish to continue to develop their skills and speed, with the aims being:

- 1km Swim Test
- 200m Individual Medley Swim Test
- Completing Bronze, Silver, Gold & Honours Awards

Adult Swim School

£37.00 per month

Foundation (teaching pool)

For swimmers completely new to the water. You will learn to develop confidence, breathing techniques, balance and basic floats.

Beginner (teaching pool/main pool)

For those that are comfortable in the water but with limited swimming ability. You will learn the correct position of your head, arms, and feet, across 3 different strokes up to 10m.

Improver (main pool)

Designed to improve techniques, ability and stamina. You will swim at least 50m across 3 different strokes. Exploring entries into the water and tumble turns.

Advanced (main pool)

Mastering timing and technique on 3 different strokes building endurance up to 100m, and introduction to Butterfly. Gateway to competition training.

Private Swimming Lessons

Private Swimming lessons are available for swimmers, any age, any ability. Our experienced instructors are on hand to help you achieve your goals and progress faster.

£21 per ½ hour 1-2-1 lesson

£34 per ½ hour 2-2-1 lesson

£37 per 1 hour 1-2-1 lesson

Holiday Crash Courses

Daily **25 minute** lessons aiming to kick-start your child's confidence.

Crash Courses are offered during the school holidays, an ideal way to see rapid improvement. They consist of 4 or 5 consecutive days of lessons.

£27.50 5 day course

£22.50 4 day course

Including:

- Snorkelling classes
- Stroke Technique Workshops
- Rookie Lifeguard courses
- Adult courses
- Distance Badge Testing
- Speed Testing

How to join Swim School

For class availability and enquiries please call **01256 302204** or email: dolphin@mybst.org

On enrolment an advance payment of one month is required at the time of booking, please have your bank account number, sort-code and bank address ready to set up the Direct Debit.

Please leave a message when out of hours with your name & number, or email us.

Basingstoke Sports Centre

Festival Place, Basingstoke
Hampshire RG21 7LE

mybst.org/basingstoke

email: dolphin@mybst.org

tel: 01256 302204

Registered Charity: 301731