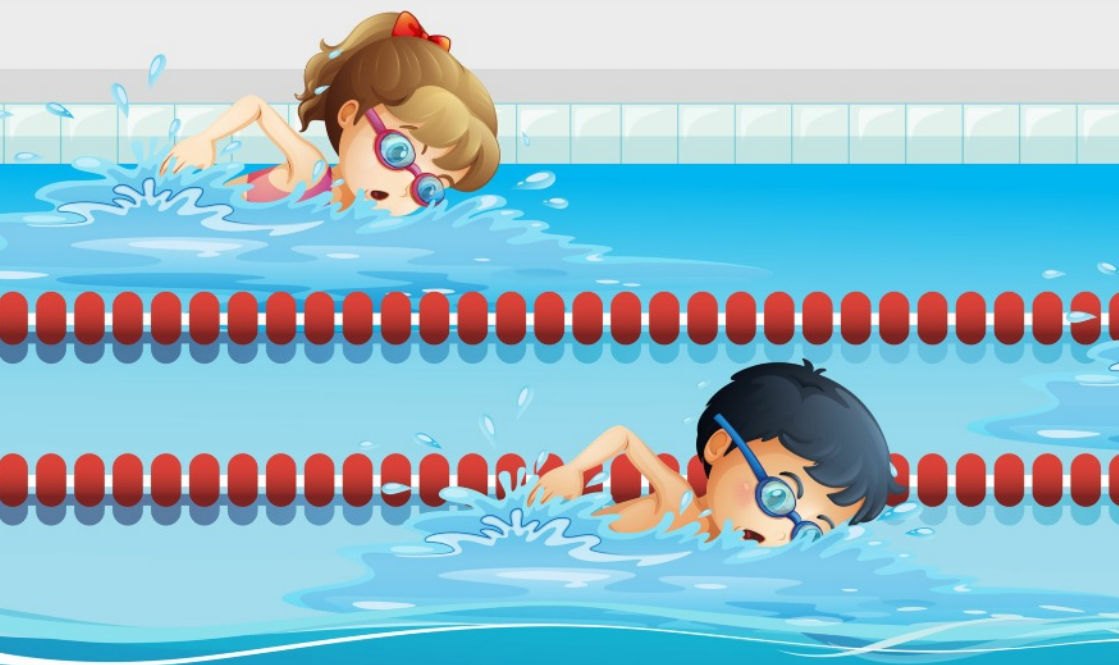


bstswimschool 

# Swim School Information



[mybst.org](http://mybst.org)

# Little Fishes Swim School

The Little Fishes Swim School is designed to meet the needs of toddlers and babies under 3 years old. All classes take place in the teaching pool, Basingstoke's only purpose-built facility. The pool is heated to 31 degrees celsius and is 60cm - 90cm deep; an ideal setting for your children to enjoy their introduction to the water. Adult and baby classes are a fun, shared experience, and provide great opportunity for parents and carers to meet others.

## **Little Fishes membership**

All pupils get a swim school membership card (to swipe at reception for fast access). Membership includes 39 lessons per year and costs £15.00 per month. Payment is made by direct debit for 12 months.

## **Flexible class enrolment**

New pupils are able to join lessons during any term; places will be allocated based on vacancies at the time. When children reach the next age group, they will be transferred to the appropriate class without having to re-enrol.

## **Moving up to Dolphin Swim School**

When a child reaches 3 years old and is ready to go into the water without a parent or carer, they can progress to the Dolphin Swim School. This includes daytime pre-school lessons; your teacher will advise when the time is right.

**Class times**    4 - 12 months        12 - 24 months        24 - 36 months

# Holiday Crash Courses

Extra Crash Courses are offered during the school holidays. Crash Courses are an ideal way to see rapid improvement. All Swim School members receive a discount on holiday courses. The course consists of consecutive lessons over five days (four days if there is a Bank Holiday). We also include Rookie Lifesavers and Snorkelling classes.



# Dolphin Swim School

Lessons operate for 45 weeks of the year (30 minutes per week). Pupils may join at any time. On the recommendation of their teacher, pupils will move up to the next level without having to wait until the end of term.

## Dolphin membership

Membership costs £22.00 per month. Payment is made by direct debit for 12 months.

### Membership includes:

- 1 class per week for 45 weeks of the year.
- Swipe card for fast access at reception (please remember to bring your card to every lesson).
- Free swimming in appropriate public sessions (on production of Dolphin card). Please see our timetable at [mybst.org/basingstoke](http://mybst.org/basingstoke)

## Pre-school Classes

For pupils who are 3 and 4 years of age and will go in to the pool alone with a teacher.

**Beginners** - a non-swimmers class with floatation aids.

**Improvers** - for children who can swim on the front and back for a minimum of 5 metres using floatation aids and can put their face in the water.

**Advanced** - for children who can swim 2 metres on front and back with no floatation aids and can jump into the water on their own.

DOLPHIN STAGES	DESCRIPTION
<b>RED</b>	Develops basic water awareness and movement skills.
<b>ORANGE</b>	Introduces basic floating, travel and rotation, and builds on the water confidence skills from red stage.
<b>YELLOW</b>	Develops travelling up to 10m metres on front and back and water safety knowledge.
<b>GREEN</b>	Develops buoyancy skills and kicking techniques for all strokes.
<b>AQUA</b>	Develops water skills including sculling, treading water and rotations; in addition performing all strokes to given standard.
<b>BLUE</b>	Develops effective swimming skills, including co-ordinated breathing and water safety.
<b>PURPLE</b>	Develops quality stroke technique up to 100 metres, combining a variety of skills to develop a linked routine.
<b>SWIM DEVELOPMENT SQUAD</b>	For pupils who have completed Level 7 Purple and wish to continue their aquatic speed and skills. This is a 45 minute session.

## **Adult Swim School**

Classes are offered for beginners and improvers in the teaching pool and for more advanced swimmers in the main pool.

### **Adult Swim School membership**

Lessons run continuously for 45 weeks per year, so you can join in the classes at any time of the year. Membership costs £33.00 per month and payment is made by direct debit for 12 months.

- 1 class per week for 45 weeks of the year.
- Swipe card for fast access at reception (please remember to bring your Adult Swim Card to every lesson).
- FREE swimming in appropriate public sessions (on production of Adult Swim Card). Please see our timetable at [mybst.org/basingstoke](http://mybst.org/basingstoke)

### **Beginners (teaching pool)**

These classes are ideal for adults who have little or no swimming ability, are nervous learners and those who wish to build their water confidence.

### **Improvers (teaching/main pool)**

These are suitable for participants who can already swim a couple of metres on front and back, and are happy to put their faces in the water.

### **Deep end classes (main pool/length of main pool)**

Participants must be confident to go out of their depth and swim front crawl and backstroke. Stroke techniques for all 4 aquatic strokes will be taught, along with treading water and other aquatic skills, including tumble turns and shallow dives.

## **Private Swimming Lessons**

Private Swimming lessons are available for swimmers, any ability and any age. For more information and availability, please contact the Swim School on: 01256 302204 or email: [dolphin@mybst.org](mailto:dolphin@mybst.org)

### **How to join the Swim School**

For class availability and enquiries call (01256) 302204 or enquire at Reception. An advance payment for one month is required at the time of booking. The Direct Debit form must be completed at reception before classes commence. You will need your bank account number, bank address and sort-code.

### **Basingstoke Sports Centre**

Festival Place

Basingstoke

Hampshire

RG21 7 LE

t: 01256 326331

e: [enquiries@mybst.org](mailto:enquiries@mybst.org)