

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 the classes at any time of the year. Membership costs £35.00 per month by direct debit for 11 months, with no payment being taken in August.

- 1 class per week for 45 weeks of the year
- Swipe card for fast access at reception (please remember to bring your Card)
- Free swimming in appropriate public sessions (on production of Adult Swim Card)

Beginners (teaching pool)

These classes are ideal for adults who have little or no swimming ability, and are ideal for nervous learners.

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. Tumble turns and shallow dives will be taught.

Private Swimming Lessons

Private swimming lessons are available for all swimmers, any ability and any age. For more information contact the Swim School on:

tel: 01256 302204

email: dolphin@sportscentre.org.uk

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 7LE



01256 326331



enquiries@sportscentre.org.uk

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bstswimschool 

Swim School



basingstoke sports centre

www.sportscentre.org.uk



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 0.6 - 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, cost £15.00 per month. Payment is made by direct debit for 11 months with no payment being made in August.

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, 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

Little Fishes Swim School classes run Monday - Saturday. Classes last for 20 minutes and are split into three age groups.

4 - 12 months

12 - 24 months

24 - 36 months

Dolphin Swim School

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

Dolphin membership

Membership costs £23.50 per month paid by direct debit for 11 months, with no payment being made in August. Membership includes:

- 1 class per week for 45 weeks of the year
- Free swimming in appropriate public sessions (on production of Dolphin card)
- Swipe card for fast access at reception (please remember to bring your card)

Pre-school classes

For pupils who are 3 and 4 years and will go in the pool alone.

- Beginners - a non-swimmers class with armbands
- Improvers - for children who can swim on front and back for a minimum of 5 metres and put their face in the water.
- Advanced - for children who can swim 2 metres on front and back with no aids and can jump in.

Dolphin stages

Red stage:

Develops basic water awareness and movement skills.

Orange stage:

Introduces basic floating, travel and rotation. Building on the water confidence skills from red stage.

Yellow stage:

Develops travelling up to 10 metres on front and back and water safety knowledge.

Green stage:

Develops buoyancy skills and kicking techniques for all strokes.

Aqua stage:

Develops water skills including sculling, treading water and rotations; in addition performing all strokes to a given standard.

Blue stage:

Develops effective swimming skills, including co-ordinated breathing and water safety.

Purple stage:

Develops quality stroke technique up to 100 metres, combining a variety of skills to develop a linked routine.

Advanced classes

Classes are organised for children who want to try different water based activities. We currently offer:

- Swim Development Squad
- Pre-competition Development
- Swimming challenge/personal survival
- Rookie Lifesavers
- Snorkelling

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 consist of consecutive lessons over five days (four days if there is a Bank Holiday)

