



# Carrickdale

health & leisure complex

**Advanced booking essential.  
Limited places.  
BOOK NOW !**

## Introduction to Swimming School of Excellence

- Our aim is to provide a talented and energetic group of professionals dedicated to assisting you and your children's interest in swimming.
- Our creative methods of instruction help student of any level become more comfortable in the water, promoting overall confidence and self esteem.
- Our goal is not only to teach our children to swim, but to help them develop an understanding of the water. We believe that learning to swim can be fun.
- All of the teachers are professionally trained as swim instructors
- Swimmers progress at their own pace, and classes are kept small with a low child to teacher ratio in all our levels
- Children's swim lessons run over a eight week period every Saturday (30mins per lesson) Children are assessed on week eight of each term.
- Proficiency Awards training programme over a eight week period every Wednesday (Carrickdale only)
- Starting with non-swimmers and progressing through the ASA Swim Scheme, which is based on the ASA National Teaching Plan.

When the scheme is completed, our swimmers should be proficient in all 4 strokes, with an understanding of water safety.

### Carrickdale leisure Complex .

The six levels of ability consist of a pathway reflecting the ability of the child and level of achievement.. Having attained Advanced 2 level , swimmers will then be offered a place in the Proficiency Awards training programme.

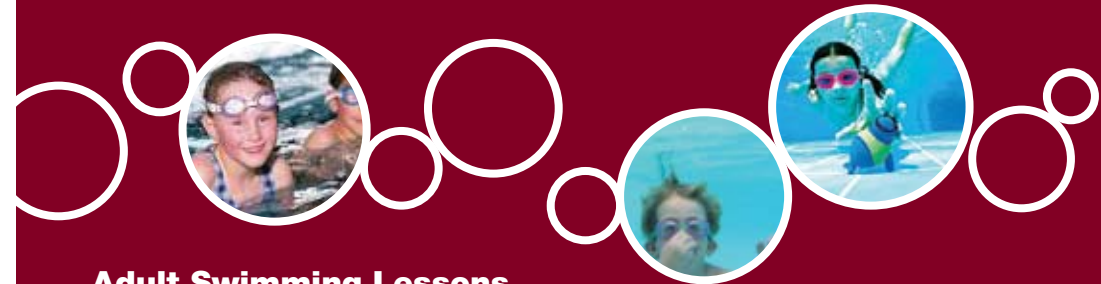
### 1 to 1 swimming lessons

1 to 1 swimming lessons are a more intense swimming lesson. If you feel you need a push start, have a particular skill to overcome or just think you would be more comfortable in a one on one situation, then 1 to 1 lessons are for you. 1 to 1 swimming lessons run at various times throughout the week to fit in with your lifestyle. If you would like 1 to 1 lessons, please contact reception



## Swimming Lessons Etiquette /Guidelines

- All classes must be paid for in full to secure a place
- Participants must bring Swim Hats & Goggles
- Please also bring arm-bands if your child requires them
- Swim hats are mandatory and are available for purchase at club reception
- Places are non transferable and non refundable except in cases of certified illness or injury
- Minimum age 4 years
- Classes are booked on a first come basis
- Management reserves the right to merge or withdraw classes from the timetable
- During the lessons we ask all parents to refrain from the pool area.
- Children will not be allowed to remain in the pool area after their lesson.



## Adult Swimming Lessons

**Beginners** - Suitable for adults who have never swam before or have little swimming experience. Swimming Freestyle & Backstroke will be the main focus of lessons.

**Improvers (level 1)** - This lesson is taught in swim lane. This level is aimed at improving stroke technique and introducing breaststroke.

To move to the next level swimmers should be able to swim 40 m Freestyle, Backstroke and Breaststroke.

**Improvers (level 2)** - Swimmers are aiming to improve endurance at this level and also fine tune swim strokes. At the end of the session swimmers should be able to swim 100m Freestyle and Backstroke.

### Adult lessons

Adult swim lessons run over a six week period every Wednesday Morning (Carrickdale) Thursday Morning (Canal Court ) or Sunday Evening (30mins per lesson)