



LEARN TO SWIM

Our Learn to Swim Programme gives children and adults the ability to learn through the stages and gain certificates along the way.

New term starts Monday 9th September 2019

Priority booking opens 08/07/19 // General booking opens 22/07/19

- The swim term will be 15 weeks long at Sportspark and 13 at City Academy.
(No lessons at City Academy during October half term)
- Full timetable and course descriptions can be found overleaf.
- Course prices can be found in the timetable.
- 1-1 or 1-2 swimming lessons are also available.



Learn to Swim
Programme



LEARN TO SWIM TIMETABLE

ADULT SWIMMING COURSES

All Learn To Swim Instructors are ASA L1 or L2 Teachers and RLSS NRSTC/NPLQ qualified, DBS enhanced checked, and have been carefully selected for their enthusiasm, experience and passion.

Day	Stage	Time	Pool	Member Price	Non Member Price
Monday	Be a Better Swimmer	17.30-18.15	Sportspark	£120.00	£127.50
	Be a Master Swimmer	18.15-19.00	Sportspark	£120.00	£127.50
Thursday	Be a Swimmer	17.45-18.30	City Academy	£104.00	£110.50
	Be Water Confident	18.30-19.15	City Academy	£104.00	£110.50
	Be a Master Swimmer	18.30-19.30	Sportspark	£150.00	£157.50
	Be a Better Swimmer	19.30-20.15	Sportspark	£120.00	£127.50
Friday	Be a Better Swimmer	19.00-19.45	Sportspark	£120.00	£127.50
	Be a Master Swimmer	19.45-20.45	Sportspark	£150.00	£157.50



LEARN TO SWIM TIMETABLE

JUNIOR SWIMMING COURSES

Day	Stage	Time	Pool	Member Price	Non Member Price
Monday	Stage 1	18.30-19.00	City Academy	£78.00	£84.50
	Stage 2	18.30-19.00	City Academy	£78.00	£84.50
	Stage 3	19.00-19.30	City Academy	£78.00	£84.50
	Stage 4	19.00-19.30	City Academy	£78.00	£84.50
	Stage 4+	16.00-16.30	Sportspark	£90.00	£97.50
	Stage 5	16.30-17.00	Sportspark	£90.00	£97.50
	Stage 6	17.00-17.30	Sportspark	£90.00	£97.50
	Stage 7	17.30-18.00	Sportspark	£90.00	£97.50
	Stage 8/9/10	18.00-18.45	Sportspark	£120.00	£127.50
Wednesday	Stage 1	16.30-17.00	City Academy	£78.00	£84.50
	Stage 2	16.30-17.00	City Academy	£78.00	£84.50
	Stage 3	17.00-17.30	City Academy	£78.00	£84.50
	Stage 4	17.00-17.30	City Academy	£78.00	£84.50
Thursday	Stage 1	16.30-17.00	City Academy	£78.00	£84.50
	Stage 2	16.30-17.00	City Academy	£78.00	£84.50
	Stage 3	17.00-17.30	City Academy	£78.00	£84.50
	Stage 4	17.00-17.30	City Academy	£78.00	£84.50
	Stage 4+	17.00-17.30	Sportspark	£90.00	£97.50
	Stage 5	17.30-18.00	Sportspark	£90.00	£97.50
	Stage 6	18.00-18.30	Sportspark	£90.00	£97.50
Friday	Stage 4+	16.00-16.30	Sportspark	£90.00	£97.50
	Stage 5	16.30-17.00	Sportspark	£90.00	£97.50
	Stage 6	17.00-17.30	Sportspark	£90.00	£97.50
	Stage 7	17.30-18.00	Sportspark	£90.00	£97.50
	Stage 8/9/10	18.00-19.00	Sportspark	£150.00	£157.50
Saturday	Stage 1	11.30-12.00	City Academy	£78.00	£84.50
	Stage 2	11.30-12.00	City Academy	£78.00	£84.50
	Stage 3	12.00-12.30	City Academy	£78.00	£84.50
	Stage 4	12.00-12.30	City Academy	£78.00	£84.50



COURSE DESCRIPTIONS

ADULT COURSES

Be Water Confident – for nervous swimmers or those new to swimming that want to improve confidence.

Be a Swimmer – giving swimmers the skills necessary to start swimming independently over short distances without support or swimming aids.

Be a Better Swimmer – for those that can swim 25 metres or more and would like to improve technique and build on their stamina.

Be a Master Swimmer – for those that would like to develop more advanced swimming skills to be able to compete or confidently enter a masters section of a swimming club.

JUNIOR COURSES

The Learn to Swim Stage 1-10 Awards are divided into progressive stages. They make up the core, national syllabus of learning to swim for primary school aged children.

They are designed to reward your child for their development of the essential aquatic skills they need to be confident, competent and safe in the water.

Each of the Learn to Swim Stage 1-10 Awards has a list of clear outcomes that need to be completed in order to gain each award.

To view each stage outcome description go to <https://www.swimming.org/learntoswim/asa-awards-badges-certificates/>

PRIVATE LESSONS

Private lessons are available for adults and children at Sportspark & City Academy. These should be organised via the current swimming teachers and are payable to the Sportspark reception at point of booking. For full terms & conditions visit the website.

1 - 1 LESSONS

Sportspark offer 1-1 lessons through our qualified swim teachers.

Cost: classes are 30 minutes long and cost £18 for members or £22.50 for non-members.

Six one to one sessions: £90 for members or £112.50 for non-members.

1 - 2 LESSONS

£27 for members or £33.75 for non-members.

Six one to two sessions: £135 for members or £170 for non-members.

For a full list of our swimming teachers visit
www.sportspark.co.uk/join-in/pool/learn-to-swim



OUR SWIMMING TEACHERS



SWIMMING INFORMATION

HOW TO BOOK

Please fill in a Sportspark Booking Form and return to Sportspark's reception (from the enrolment date specified), together with full payment. All courses must be pre-booked and paid for in advance. Booking forms are administered in order of receipt from the enrolment date. **All enrolments onto stages 1-10 will get FREE swimming outside of their lessons for the duration of term.**

BADGES AND CERTIFICATES

Rewarding children for their progression is of great importance. Each child is therefore rewarded at the end of every course and this could be in the form of presenting them with a Completed Stage Badge and Certificate (in preparation to move up a stage), an award that compliments their ability, for example, a distance or skill based Badge and Certificate, or even a 'Well Done' sticker.

TEACHING VENUES

The SPLASH Learn To Swim programme will be taught at both Sportspark and the City Academy Teaching Pool. Sportspark's world-class pool offers some of the finest swimming facilities in Britain. The City Academy Teaching Pool offers the security of a smaller pool built for the purpose of introducing children to the water and taking their first unaided strokes.



Sportspark Pool: Sportspark, University of East Anglia, Norwich Research Park, Norwich, NR4 7TJ

City Academy Teaching Pool: City Academy, Earlham Rd entrance (not Bluebell Rd), Norwich NR4 7LP

To enquire about a course call 01603 592398 or for more information, please email sportspark@uea.ac.uk

www.sportspark.co.uk

All day every day for the community.

Sportspark, Norwich Research Park, Norwich, Norfolk, NR4 7TJ

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Sportspark