



TADCASTER
community
SWIMMING POOL



SWIMMING LESSON - PROGRAMME -

Incorporating the **Amateur Swimming Association** Learn to Swim Framework

Call: **01937 833001**

Email: **info@tadcasterpool.org.uk**

www.tadcasterpool.org.uk

SWIMMING DEVELOPMENT PROGRAMME

Tadcaster Swimming Pool Swimming Development Programme offers swimming lessons in the following categories following the ASA Learn to Swim framework:



NEMOS

Baby Swimmers 3 months through to 2½ years old.



DUCKLINGS

Pre School - 2½ to 4 years old.



ASA NATIONAL PLAN FOR THE TEACHING OF SWIMMING (STAGES 1 – 7)

For children aged 4 years and upwards.



JUNIOR FIT CLUB (STAGES 8, 9 & 10)

A multi skills approach delivering continual stroke technique and fitness sessions but also incorporating other aquatic skills including mini polo, snorkelling & diving.



JUNIOR DEVELOPMENT GROUP

A weekly class aimed at children who have completed up to Stage 10 but wish to continue swimming for fitness but do not wish to compete.



1-1 ADULT SWIMMING LESSONS OR ADULT GROUP LESSONS

Weekly group lessons or individual lessons provide the opportunity to Learn to Swim or improvement on what has already been achieved. Beginners through to Advanced level. 16 years and over.

The Junior Lessons take place during school term times in 10, 11, 12 or 13 week blocks. These are payable in advance. A choice of days and times range from Monday to Friday 4pm - 6pm and Saturday morning between 9am and 12 noon.

APPLICATION PROCESS FOR SWIMMING LESSONS

To enrol on the lesson programme you have to complete a Student Enrolment Form either at reception or online at www.tadcasterpool.org.uk/pool/lessons/student-enrolment-form. This will put you on our waiting list for the grade specified and you will then be contacted when a place becomes available. If your child swims elsewhere, you can keep us informed of their progress, so that we can place them in the correct level. Parents are encouraged to vacate the poolside area once the lesson has started and are invited to watch all the lessons taking place from specific viewing areas on the ramp or the balcony.

RE-ENROLMENT METHOD FOR EXISTING PUPILS

Once your child is attending the Junior Lesson Programme, the teachers will continually assess your child and record their progress. 2 weeks prior to the end of the course, re-enrolment letters will be available to collect from the refreshment area at the pool. The re-enrolment letter outlines whether or not your child is moving classes and the payment date for the forthcoming course. Although every effort is made to keep the same day and time, this is not always possible especially if a child is moving up a grade. If your day and time allocation is not suitable, you should still pay for the lesson as allocated but you can complete a lesson query sheet which outlines alternative days and times and will be looked at after the outlined payment date.



PROGRESS REPORT

If your child has not moved up a grade you will also get a progress report which will highlight the areas your child needs to work on to achieve that grade. If your child has not passed a couple of elements on their current grade, we recommend our 1-1 swimming lessons which take place every school holiday period.

As a further benefit, we are offering a "2 free swims" cards to all pupils enrolling on lessons. These can be used during any public swimming sessions and will hopefully encourage parents to bring their children to practice their swimming outside of lesson times.

SCHOOL HOLIDAY COURSES

Alternatively, look out for holiday courses which are booked on a first come first served basis. The programme for holidays is normally available 2 weeks prior to the end of a school term. For holiday courses you can book over the phone, but we will require a debit/credit card payment at the time of booking. All pupils must be aged 4 and over to be eligible for the holiday courses.

SWIMMING LESSON GUIDANCE

A few little ground rules that you should try to stick to that we believe will make your trip to Tadcaster Community Swimming Pool a whole lot safer and much more enjoyable.

- All pupils are encouraged to arrive on time for their swimming lesson.
- All swimmers should shower before entering the pool
- Listen to your teacher
- Children should sit on the benches on poolside near to where their lesson will take place and wait for their teacher to arrive.
- Parents should observe the lessons from one of the spectator areas either on the ramp to the changing rooms or the spectator balcony.
- Children with long hair are asked to tie it up so that the face is clear when swimming.
- Swimming caps may be purchased at Reception.
- If you wish to speak with your child's teacher please leave a message at Reception and either the teacher or the Swimming Development Manager will contact you.
- Swimwear should be comfortable and suitable for swimming. Long shorts are discouraged as they can restrict movement of limbs.

FURTHER INFORMATION

Contact the Swimming Development Manager on **01937 833001** or by emailing swimdevofficer@tadcasterpool.org.uk. Visit: www.tadcasterpool.org.uk



JUNIOR LESSON PROGRAMME - ASA LEARN TO SWIM FRAMEWORK

NEMOS - BABY SWIMMING



The Baby swimming lessons are split into 3 age groups:

Nemos 1	3 months - 12 months
Nemos 2	12 months - 18 months
Nemos 3	18 months - 30 months

Emphasis will be placed upon the swimming teacher showing the parents methods of support, movement through the water, and overall water confidence for the baby in a fun environment.



A fun session for Parents and children to enjoy the water. There are floats and music to add to the excitement.

JUNIOR

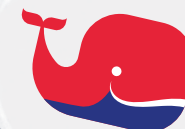
DUCKLINGS - 2 ½ - 4 YEARS



A course of lessons aimed at pre-school children. Following the ASA Duckling Award scheme, Ducklings is designed to assist parents /adults in building up the child's water confidence through a series of graded certificates. It will show methods of support, basic teaching techniques and confidence building prior to the mainstream lessons which are available from 4 years of age (subject to the child being at or near the top of the waiting list).



TADPOLES 1



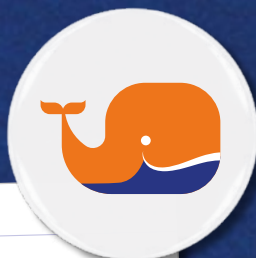
Developing basic safety awareness, basic water movement skills and water confidence with the use of flotation aids.

The use of aids is permitted.

- 1 Enter the water safely showing a walk in, swivel and jump entry.
- 2 Move forwards, backwards and sideways a distance of 5 metres in each direction.
- 3 Scoop the water and wash face, put face in water and blow bubbles rhythmically 3 times.
- 4 Show understanding of breathing in and breathing out.
- 5 Push and glide from wall on front and back - stand up.
- 6 Travel 5 metres on front.
- 7 Travel 5 metres on back.
- 8 Working with a partner either a) throw and catch a ball, b) see saw bobbing, submerging under water, c) follow my leader, copy what partner/teacher does.
- 9 Demonstrate an understanding of pool rules.
- 10 Exit the pool safely.



FROGS 2



Developing safe entries into the water including jumping in, basic flotation and rotation, travelling in water with the use of aids.

The use of aids is permitted. Excluding item 10.

- 1 Travel 10 metres on front.
- 2 Travel 10 metres on back.
- 3 Push and glide, tuck, stretch.
- 4 Push and glide, log roll.
- 5 Star float, front and back.
- 6 Demonstrate an understanding of breathing in and breathing out.
- 7 Introduce breaststroke leg action.
- 8 Introduce back stroke leg action.
- 9 Introduce front crawl leg action.
- 10 Swim 5 metres on front and back. NO AIDS.



STARFISH 3



Developing safe entries including submersion, travel up to 10 metres on the front and back. Further progression in rotation, flotation skills and water safety knowledge.

Final assessments should be without use of aids

- 1 Jump in from poolside and submerge (min depth 0.9).
- 2 Sink, push and glide on front. When surfaced, roll onto back.
- 3 Push & glide on back. When surfaced roll onto front.
- 4 Travel on the front, tuck to rotate around the horizontal axis to return on the back.
- 5 Fully submerge to pick up an object.
- 6 Answer correctly 3 questions on the water safety code.
- 7 Travel 10 metres on front and back attempting all types of leg action.
- 8 Travel 10 metres breaststroke leg action using aids.
- 9 Swim 5 metres basic breaststroke.
- 10 Swim 10 metres basic backstroke.
- 11 Swim 10 metres basic front crawl.



PRICE
SWIM

SEAHORSES 4



- Developing an understanding of buoyancy through a range of skills.
- Refining kicking techniques for all the strokes and swimming 10 metres to a given standard.

Main Pool

- 1 Demonstrate an understanding of buoyancy.
- 2 Perform a tuck float (mushroom) for 5 seconds.
- 3 Perform a sequence of changing shapes (minimum of 3) whilst floating at the surface.
- 4 Push & glide from the wall to the pool floor.
- 5 Swim 10 metres breaststroke.
- 6 Swim 10 metres front crawl.
- 7 Swim 10 metres back stroke.
- 8 Perform on the back a head first sculling action for 5 metres in a horizontal position.
- 9 Travel on the back and roll in one continuous movement onto front.
- 10 Travel on the front and roll in one continuous movement onto back.
- 11 Introduce treading water practices leading to competency in deep water.
- 12 Kick 5 metres butterfly, front and back-no float.

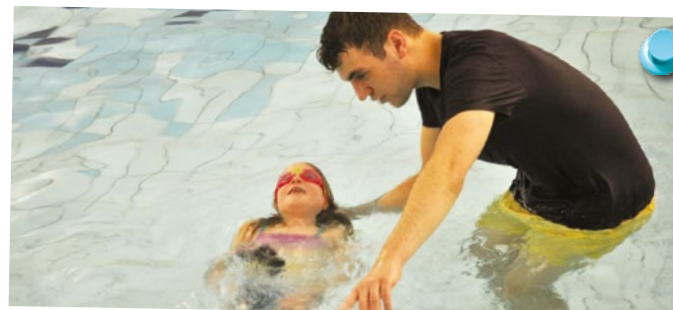


SEALIONS 5



- Developing watermanship through sculling and treading water skills.
- Performing all strokes to a given standard.

- 1 Perform a horizontal stationary scull on the back.
- 2 Perform a feet first sculling action for 5 metres whilst horizontal on the back.
- 3 Perform a sculling sequence with a partner for 30-45 seconds to include a rotation.
- 4 Tread water for 60 seconds.
- 5 Perform 3 different shaped jumps into deep water.
- 6 Swim 10 metres backstroke showing effective breathing.
- 7 Swim 10 metres front crawl showing effective breathing.
- 8 Swim 10 metres breaststroke showing effective breathing.
- 9 Swim an undulating dolphin kick on front, side and underwater.
- 10 Perform a handstand and hold for a minimum of 3 seconds.
- 11 Perform a forward somersault, tucked, in the water.



SHARKS 6

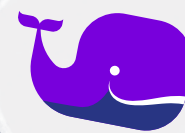


Developing effective swimming skills including co-ordinated breathing. Developing water safety aspects and an understanding for preparation for exercise.

- 1 Demonstrate an understanding of preparation for exercise.
- 2 Sink, push off on side from the wall, glide, kick and rotate into backstroke.
- 3 Sink, push off on side from the wall, glide, kick and rotate into front crawl 1 hand extended and 1 hand on wall.
- 4 Swim 10 metres with clothes on.
- 5 Swim 25 metres efficient front crawl with correct breathing.
- 6 Swim 25 metres efficient breaststroke with correct breathing.
- 7 Swim 10 metres butterfly with correct breathing.
- 8 Perform a 'shout & signal' rescue.
- 9 Perform a surface dive.



DOLPHINS 7



Developing quality stroke technique up to 100 metres and combining a variety of skills accomplished through levels 1 – 6.

- 1 Swim 50 metres backstroke.
- 2 Swim 50 metres front crawl.
- 3 Swim 50 metres breaststroke.
- 4 Swim 1 width or half a length of efficient butterfly with undulation and an over water arm recovery.
- 5 Perform a movement sequence of 1 minute duration, in a group of 3 or more, incorporating a number of the following skills: sculling, rotation, floating, eggbeater.
- 6 Perform a dive showing controlled stance, flight and entry.
- 7 Swim 100 metres continuously using one stroke.
- 8 Tread water using egg beater action for 30 seconds.
- 9 Complete an obstacle course (using minimum of 4 objects) with feet off the bottom throughout.



JUNIOR
CLUB



MAINSTREAM LESSONS AGED 4 AND OVER

JUNIOR FIT CLUB



For those who have completed DOLPHINS 7 or equivalent.

Junior Fit Club covers stages 8,9 and 10 of the ASA National Plan for the Teaching of Swimming. Comprising a 10, 11, 12 or 13 week course that continues to work on stroke technique whilst introducing other aquatic skills and disciplines such as mini water polo, snorkelling and diving.



Tadcaster Pool Celebrates



JUNIOR DEVELOPMENT GROUP OR TADCASTER SWIM SQUAD FOUNDATION GROUP



On completion of Junior Fit Club or equivalent, children can choose which pathway to take.

The Junior Development Group is a non competitive group allowing children to continue swimming for fitness, stamina and fun whilst still receiving tuition on stroke technique. The Tadcaster Swim Squad Foundation Group is the first level of the all competitive Tadcaster Swim Squad. Children have to become members of the Amateur Swimming Association and be prepared to compete and represent the squad in external swimming galas. Progression can then be made into the higher level groups within the squad as children improve.



TADCASTER SWIM SQUAD



Tadcaster Swim Squad is centred around the love of swimming and the wish to be even better at it.

Based at Tadcaster Community Pool we recognise the enormous health benefits of swimming and aim to provide the chance for everyone to fulfil their potential in each stroke. Competitive swimming is an excellent way to test yourself and the Tadcaster club aims to participate in many, regional and national meets. Our specialist coaches want you to give your best at all times and expect commitment and training from everyone.

We are passionate about swimming. We aim to develop the swimming ability and endurance of every squad member - helping make confident successful swimmers and individuals. Providing a swimmer really wants to improve, we can help them. We encourage swimmers to take part in competitive events and develop competitive practice and techniques. Above all, we want every squad member to love swimming. Swim Squad is a family friendly swimming club for local young people up to the age of 18.



I ❤️
TADCASTER
POOL



GENERAL POOL RULES

- Please use lavatory and shower before entering the Pool.
- No running.
- No pushing or fighting.
- No foul language.
- No tuck jumps (bombs) into the pool.
- No acrobatics.
- No spitting.
- Do not dive below 1.5m.
- No diving from the sides at busy periods (only from the deep end wall).
- No diving or jumping backwards into the pool.
- No swimmers in the teaching pool at busy times unless accompanying a non swimmer.
- People wearing armbands should not go deeper than the lifeguard chair/1.5m.
- No balls should be used during a public session other than inflatable beach balls.
- No fins, full face masks, snorkels, etc. without prior arrangement.
- Surfboards, small toys, animal floats and sinkers are only used during parent and toddler sessions when there is a dedicated instructor.
- Woggles are only to be used in the teaching pool under supervision.
- Small yellow floats and armbands are available for customers to use at their own risk.
- Keystaps, watches and jewellery must be removed before using the inflatable.
- Babies must wear pants or swim nappies. No disposable nappies.
- No pushchairs on poolside.
- Children under 8 years of age must be accompanied in the water by a responsible adult. An adult may not accompany more than two under eights in the water and must constantly supervise them both.

These rules are intended to maintain the enjoyment and safety of the majority of swimmers, especially at busy periods.



BAMBOOZLED...

Have a go at our little word search and circle the words below when you find them.

S	F	G	B	B	E	U	I	P	I	Y	L	B	M	O
I	A	T	B	R	E	A	S	T	S	T	R	O	K	E
N	M	H	W	F	B	M	M	F	D	W	M	S	V	M
K	A	E	T	H	B	O	O	V	P	L	G	D	B	M
E	L	W	A	E	T	R	F	I	M	L	P	X	O	T
R	E	R	S	W	I	M	M	I	N	G	H	A	R	T
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Q	W	E	R	R	T	Y	Y	J	D	V	R	E	E	L

FIND THESE WORDS!

Sinker
Breaststroke
Swimming

Floating
Pool
Diving

Water
Butterfly
Lessons

Woggle
Frontcrawl
Starfloat

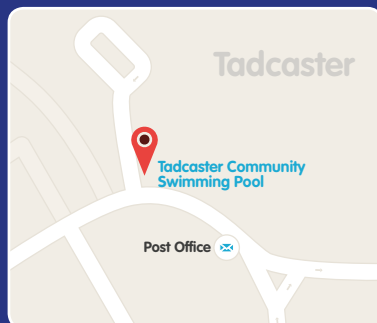




VISIT US

We are located directly along the A659 running through Tadcaster. Find us in between the post office and the Tadcaster Library. Alternatively you can call us directly for more directions.

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