

Access Card No:

Membership No:



St. Helens
Council



Coaching / Swim Academy PAYG Form

Participant Information

First name: Surname:

Date of birth:

Parent or Guardian Contact Information:

Name(s): Relationship:

Address:

Postcode:

Mobile Phone: Home Phone:

Email:

(Please provide an e-mail address that you regularly check. We may send important updates.)

The information provided on this form will be processed in accordance with Data protection legislation. It will be treated as confidential and used for the purpose of administering your Go Active membership. Your contact details may also be used to provide you with information and updates in relation to Go Active event or promotions in which you may be interested.

Your details will NOT be shared with any third party without your consent. You may opt out of any marketing activity at any time. A copy of this form will be kept on your account

Please tick accordingly:

I AM HAPPY to be contacted by Go Active

I DO NOT wish to be contacted by Go Active

Do you consider yourself to have a disability? Yes No

- | | | |
|--|--|---|
| Autism / Asperger's <input type="checkbox"/> | Heart Condition <input type="checkbox"/> | Hearing Impairment <input type="checkbox"/> |
| Diabetes <input type="checkbox"/> | Visual Impairment <input type="checkbox"/> | Additional Needs <input type="checkbox"/> |
| Allergies <input type="checkbox"/> | Other <input type="checkbox"/> | |

Please specify any other conditions

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Ethnic Monitoring/ Cultural Background

The council has a duty to provide a quality service to all service users. We use quality profiles of service users to establish who is using our services & whether they are happy or unhappy, and allows us to try to improve services in a way that meets the needs of different people, Information provided is held confidentially under current Data Protection Legislation.

Please complete the questions below and help us to find out if our services really are accessible to all. Please tick the appropriate boxes below and help us to find out if our services really are accessible to all.

- | | | |
|---|--|--------------------------------------|
| White British <input type="checkbox"/> | White & Black Caribbean <input type="checkbox"/> | Indian <input type="checkbox"/> |
| Scottish <input type="checkbox"/> | White and black Asian <input type="checkbox"/> | Pakistani <input type="checkbox"/> |
| Welsh <input type="checkbox"/> | White and Asian <input type="checkbox"/> | Bangladeshi <input type="checkbox"/> |
| Northern Irish <input type="checkbox"/> | Caribbean <input type="checkbox"/> | Chinese <input type="checkbox"/> |
| Irish <input type="checkbox"/> | African <input type="checkbox"/> | Other <input type="checkbox"/> |

Signature:

Swimskool & Coaching FAQs

1. How do I enrol my child?

Call into one of the centres and ask to be placed on the waiting list.

2. How long is the waiting list?

The waiting list can vary in length depending upon the ability of the child. Please ask at reception for a free swim assessment to be placed on the correct waiting list.

3. What age do they start?

We have Adult & child sessions from birth in accordance to health visitor advice. The child will progress through each stage on ability rather than age.

Our Coaching sessions are available for children from 4 years old.

4. When are the lessons?

The Swimming times vary throughout the week depending on the stage. Pre-school classes are during school time hours. See reception for more details.

The Coaching times vary throughout the week depending on the ability level. See reception for more details.

5. What if the time isn't suitable?

If you can't make the lesson time, please tell reception as soon as possible. Reception will then put your child on an adjustment list to see if there is space available when it is more suitable to yourself. There is a cut-off date for parents to re-enrol, so after this date the spaces that are free will be available to other children. We cannot guarantee that we will be able to find you a suitable time for your child's ability.

6. How long do sessions last?

Swimskool sessions last 30 mins once per week Coaching sessions; Beginner and Intermediate sessions last 45 minutes. Advanced sessions last 60 minutes. Sessions are split into drills to practice technique and skill and a small sided match at the end of the session.

7. How much are the lessons?

Swimming & Coaching

£50 block of 10 lessons - paid over the counter during enrolment

£20.85 per month Swimskool membership – Direct Debit

£26.50 per month Active Coach membership (entitles member to casual swimming as well as enrolment on a sports coaching session) – Direct Debit

Coaching Only

£5 Pay as you go each week – paid over the counter

8. How many children are in each class?

The maximum number of children in each class with one teacher is 12. Stages 1, 2 & 3 the maximum number in each class for each teacher is 8. The maximum number of children in Pre-School lessons is 6. Adult & child sessions have no maximum number.

9. Who are the instructors?

We have different instructors on different days. All teachers are qualified to a minimum Swim England standard level 1 and are all fully CRB checked. We cannot guarantee to have the same instructor, day or time through the programme. Rather than cancel a lesson due to illness we will use another qualified instructor.

Lessons are normally delivered from poolside; however, the swim instructor may decide at appropriate stages of the lesson to enter the water and may be in contact with your child when demonstrating a teaching technique.

Assessments carried out by our instructors may not coincide with assessments carried out on the education programme by schoolteachers.

All of our Coaching sessions, Goal Active and Multi-Sport, are run by our Lead Sports Coach Neil. In the event of Neil being unable to run a session due to illness or otherwise we have a number of qualified Coaching staff available to take the sessions to avoid cancellation.

10. What kit does my child need?

Sessions are held in the Sports Hall so children must wear trainers or flat (no blades or studs) football boots. Because of this shin pads are not necessary but may be worn. Suitable clothing such as tee shirt, shorts/tracksuit bottoms. We advise children bring a drink with them.

11. Can I Watch?

For Swimming; Yes, from the spectators gallery at Selwyn Jones Sports Centre, Parr Swimming and Fitness Centre and the vending area at Queens Park Health & Fitness. Please get your child changed, take them through to the drop off point and the teacher will pick them up. Please be at the pickup point 1 minute before the lesson is due to end to collect your child.

For Coaching we ask that parents wait in Reception for the technique and skill segments of sessions. Parents are encouraged to come and watch the match held at the end of every session in the last 15 minutes. We remind parents that these sessions are providing children a fun environment in which to take their first steps in the sport. We encourage praise and positive encouragement for all children. Any negative comments or criticism will not be tolerated.

12. What awards will they get?

St Helens Council has recently adopted a new award scheme that complies with Swim England standards. This new scheme has many stages and progresses your child through each phase. Starting with Duckling stages 1 to 4, moving to Stages 1 to 7, and then progressing to rookie lifesaving.

For Coaching Children will receive certificates of achievement for proving their competency in each specific skill. Once a child has completed all skill competencies in a given ability level they will progress to the next level.

13. Will they get a certificate?

After your child has achieved a stage, they will be able to purchase a badge and certificate, check cost at Reception. Please be aware your child will only pass the stage if they have completed each skill to the correct standard determined by their teacher.

14. Can I swim at the same time as their lesson?

Please see reception for a pool timetable. Please remember your child needs to be supervised in and out of their lessons.

15. How do I re-enrol onto the next set of lessons?

If you are paying for the membership via a direct debit, your child will automatically be enrolled on to the lesson unless you cancel the direct debit with the bank.

If you are paying for a block of 10 lessons, you will need to make sure you have topped up before the start of your child's last lesson. Failure to do so will remove your child from the class.

16. What do I need to bring with me?

Please bring your membership card with you for admission.

17. What if I miss the pay by date?

If you miss the date, please contact us as soon as possible. After the pay by date, we fill the lessons with other children. If your space is still available, you just need to pay. If your space has gone, we will try and find you a suitable alternative. We cannot guarantee that we will be able to find you a suitable class, so please make sure you pay on time.

18. Cancellation of Lessons?

We will take all necessary action to prevent the cancellation of a lesson. However, on occasion our pools may need to close at short notice due to events beyond our control. Please ensure up to date contact details are left at reception (mobile number if possible), as we will inform you of any changes to lessons.

19. What do I do if I go on Holiday?

The Swimskool programme breaks for 2 weeks over the Christmas period. The direct debit is calculated over the course of the year. For pay as you go no credit is taken. Pupils who do not attend due to being on holiday outside the official break, may choose to do so, but will not be compensated for missed lessons.

The Coaching programme breaks for all half term holidays and 2 weeks over the Christmas period. The direct debit is calculated over the course of the year. For pay as you go no credit is taken. Pupils who do not attend due to being on holiday outside the official break, may choose to do so, but will not be compensated for missed lessons.

20. What if my child has a medical issue that prevents them from swimming?

If your child has a long-term medical issue, we ask to be notified in writing as soon as possible. A decision will then be made regarding payments.