



# GoActive Guide to Swimming Lessons

# Welcome to the GoActive “Learn to Swim” Programme!

We have created this file to give you as much information as possible in relation to our Swimming Lessons.

Swimming is one of the best sports you can do for your health. Whilst at times it can be incredibly challenging when you’re learning, it’s also great for strengthening your muscles and improving your cardiovascular performance.

## Useful Information



Follow instruction given by staff & displayed notices & safety signs.



Behave in a responsible & courteous manner to all staff & other customers.



Stay in the shallow water if the swimmer cannot swim well.



Do consult a doctor if the swimmer is not feeling well.



All long hair must be tied back.



No Jewelry of any kind is permitted.



Please do not allow the swimmer to eat at least half an hour before their swimming lesson.



No swimmers will be allowed in the water if they have consumed alcohol or drugs.



Please do not take pictures or record any of the lessons while in the centres.

## Payment Information

All payments are made by monthly Direct Debits, which are collected on the 1<sup>st</sup> of each month.

Direct Debit fees are calculated by the number of swimming lessons over a 12 month period. All members pay for 50 weeks and this is split into 12 equal monthly payments. You will pay a pro-rata fee for your first month and then the Direct Debit payments will take over from there.

**Any Bank Holidays or cancelled lessons will be automatically deducted from your next direct debit payment.**

If your child has any medical conditions please contact [LTSgoactive@sthelens.gov.uk](mailto:LTSgoactive@sthelens.gov.uk) and we can discuss the child's lessons. Parents/Guardians will need to provide us with proof (i.e. Doctors letter or appointment card).

Badges and certificates are available to purchase at an additional cost at Reception.

## Emergency Procedures

In an event of an emergency (i.e. Fire Alarm/Pool Alarm) please remain calm. Our staff members are trained to deal with emergencies.

Our Aquatics Instructors will ensure the safety of all swimmers in their class and will carry out the appropriate evacuation procedure (if necessary). All Parents/Guardians will need to evacuate the building through the nearest fire exit. Parents/Guardians will be reunited with their child at the fire assembly point.

## Medical Information

When registering for Swimming Lessons it is extremely important for you to inform us of any medical conditions, special requirements or learning difficulties that our Aquatics Instructors need to be aware of, for example; learning disabilities, sight or hearing impairment, epilepsy or asthma.

Please do not forget to keep us updated and inform us of any changes in medical circumstances. All medical information is kept strictly confidential.

## Swim England Foundation Framework

The swimmer's journey through Active Aquatics starts with Foundation, a programme for developing early-years water confidence, encouraged through adult and child and pre-school sessions. Emphasis is on the development of very basic motor skills, an introduction to water and the swimming environment through fun and games.

### Discovery Duckling

These lessons are for babies and toddlers to explore and enjoy the fun of learning to swim. With the help of their parents/carers, the swimmer will develop confidence both in and out of the water. We start mainstream lessons from 3 years +.

### Ducklings

These lessons are an introduction to lessons available once your child turns 3 years old. They will get used to being in the water with other children as a class and learn to gain confidence being in the water by themselves.

### Swim England Learn to Swim Framework (Stages 1-7)

These stages of the Swim England "Learn to Swim" Programme take your child through FUNdamental Movement. They are based on developing skills, movement in the water, and having fun.

Please follow the link below to see a specific stage and their outcomes. This will provide more detail of what your child will be doing in their lesson. <http://www.swimming.org/go/parents/learn-to-swim/>

### Competitive Swimming

Your child will learn a range of advanced techniques such as swimming continuously over a long distance using a single stroke competitive starts and turns. There are also awards for each stage.

**Please visit the GoActive website for the information on our clubs.**

### Rookie Lifesaving

These sessions offer you the comfort of knowing your children are aware of the dangers of swimming in open water, as well as learning resuscitation and rescue techniques. It comes with Bronze, Silver and Gold awards.

## What should I do when turning up for lessons?

### On Arrival

Please arrive at the Leisure Centre 10 minutes before the lesson start time. All swimmers must swipe into the facility using their membership card/band for verification at each facility visit prior to entering. This allows us to verify your identity and register your visit when entering the facility. If the swimmer is attending lessons for the first time, please pick up their membership card/band from reception.

When getting changed, clothing must not be left in the changing rooms but in the lockers provided. If clothing is left unattended in the changing rooms, all items will be removed by the centre staff.

Entry to the Pool

Please ensure the swimmer has visited the toilet and showered before going the pool. Swimmers must not enter the water until instructed to do so by the instructor.

We ask that you please remove all outdoor footwear on entering the changing rooms to help with cleanliness and health and safety issues. Pool overshoes are available at each centre for people who do not wish to remove their shoes.

### During the Lesson

Spectators are asked to remain in the spectator area at all times while the swimming lesson is taking place. Non swimmers (including parents/guardians) are not permitted on the poolside at any time. If you need to communicate with your Aquatics Instructor please contact the Aquatics Team.

### End of Lesson

If the swimmer is under eight years old, their parent/guardian or a responsible person over the age of 16, must wait at the designated location to collect the swimmer from their Aquatics Instructor after the lesson has finished.

### Cancelling a lesson

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

### 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.

## Moving Up

Our swimming lessons are an ongoing programme, with every child continuously assessed during each lesson. Once all outcomes have been achieved for a certain Stage (1-7), you will receive an email prompting you that your child can be moved to the next level. This can be done either online or via Reception.

## Progress Reports, Feedback & Other Queries

We value all feedback on our lessons so please do not hesitate to contact the Aquatics Team if you have any feedback or queries regarding our lessons using the below contact details.

## Track your child's swimming progress

Here at Go Active, we use the most up to date technology, allowing you to track your child's progress from home.

Our online portal allows you to see your child's assessment progress.

[Log in or register for HomePortal to track your child's achievements \(external link\)](#)

If you haven't received information about home portal, please speak to the receptionist or email [LTSgoactive@sthelens.gov.uk](mailto:LTSgoactive@sthelens.gov.uk)

**Please be aware that this is an assessment of the child, and not a representation of the skills they practice each week.**

## Useful numbers

### The Aquatics Team

[LTSGoactive@sthelens.gov.uk](mailto:LTSGoactive@sthelens.gov.uk)

### Queens Park Health & Fitness

01744 671710

### Newton Le Willows Health & Fitness

01744677970

### Sutton Leisure Centre

01744677375