

HEALTH AND SAFETY INFORMATION

Branston Community Academy is committed to providing a safe environment for all swimmers and spectators. **It is very important that noise on poolside is kept to a minimum so the teacher's instructions can be heard.**

The pool has a rigorous water testing regime in line with current legislation and we have to make sure we remove as many sources of contamination as possible.

Safety precautions and college policy regarding swimmers and spectators will be explained in detail by swimming teachers at the first lesson. However, please be aware of the following:

Swimming Hats

Must be worn at all times by all swimmers

Showers

All swimmers must shower before entering the pool and after swimming

Young Children in Changing Rooms

We appreciate that young children will need assistance getting changed before and after swimming. Unfortunately we do not have family changing rooms and the presence of older children of the opposite sex can be embarrassing for other swimmers. We ask you to respect this and suggest that children from Year 3 of primary school upwards (age 7-8) should be able to change independently.

Outdoor Footwear

Must not be worn on poolside—spectators should wear the plastic overshoes provided or have bare feet to help us keep the area clean.

Prams, Pushchairs and Buggies

Are not allowed poolside because of the risk of bringing dirt into the pool and in case they fall into the pool.

Supervision of Children

Children who are not in the pool are the responsibility of the adult accompanying them and must not be allowed to roam around the sports hall area or the wider school buildings and grounds.

Plasters, Jewellery and Adhesive Tattoos

Must be removed before entering the pool.

Head Lice

Swimmers with head lice should not use the pool.

Verrucas and Athlete's Foot

Swimmers with athlete's foot and verrucas can use the pool and will not infect others.



Heron's Fitness

SWIMMING

LESSONS

2018-2019

TIMETABLE

	TIME			
	4.00-4.30	4.30-5.00	5.00-5.30	5.30-6.00
Mon	ANGELFISH	DOLPHINS	SHARKS	C FISH 1
Tue	C FISH 1	C FISH 2	ANGELFISH	DOLPHINS
Wed	C FISH 2	ANGELFISH	DOLPHINS	K WHALE
Thu	C FISH 1	C FISH 2	ANGELFISH	DOLPHINS/SHARKS
Fri	C FISH 1	C FISH 2	ANGELFISH	DOLPHINS/SHARKS

	8.30-9.00	9.00-9.30	9.30-10.00	10.00-10.30	10.30-11.00
Sat	JELLYFISH	JELLYFISH	C FISH 1	C FISH 1	C FISH 2

Jellyfish

Introduction to water through play and basic water skills with a parent/guardian in the water. Working alongside the ASA duckling awards programme.

Clown Fish (Nemo!)

Aimed at the non-swimmer, who may have no water experience or very little water confidence. Usually from 4 years old, at the Teacher's discretion. Working alongside the ASA higher duckling awards programme and national plan awards level 1. As the children gain confidence they will progress through to the second stage of the minnows programme. 10m swims front and back, 20m kick front and/or back stroke, 10m breast stroke.

Angelfish

Children will be working towards the national plan, levels 2 & 3. Children will be working towards National Plan Levels 3 & 4, Water Skills Grade 2. 10m breaststroke, 25m front crawl & back crawl, 10m butterfly kick.

FEES

Term 1 (10th Sep—15th Dec) 13 weeks £58.50 **WHOLE YEAR SAVE £18**

Term 2 (7th Jan—30th March) 11 weeks £49.50 **37 WEEKS £139.50**

Term 3 (23rd April—13th July) 11 weeks £49.50

Dolphins

Swimmers will be working towards national plan levels 4 & 5 and personal survival level 1. Swimmers will be working towards National Plan Level 5, Water Skills Grade 3 & , Personal Survival Level 1. 50m front crawl, 50m backstroke, 25m breaststroke, a width of butterfly, 100m distance swims.

Sharks

Working towards national plan levels 6 & 7 and personal survival level 2. Swimmers will be working towards National Plan 6 & 7, Water Skills Grade 5 & , Personal Survival level 2. 200m distance swims.

Killer Whales

Working towards national plan levels 8 & 9 bronze, silver and gold challenge awards. Designed for advanced swimmers who can swim 800m+

To book lessons please contact us.

Swimming Lessons, Branston Community Academy, Station Road, Branston, Lincoln, LN4 1LH
enquiries@heronsfitness.co.uk

Book early—Places will be allocated in the order forms are received

For booking queries, general enquiries and information about vacancies once classes have started, please contact us on 01522 880425 or by the email address above.