

Swim School

St Mary's Calne Sports Club



LEARN TO SWIM

GET STARTED TODAY WITH A FREE SWIM ASSESSMENT



WELCOME TO ST MARY'S SWIM SCHOOL

The St Mary's Swim School provides an extensive range of swimming lessons for children aged 3 years and above throughout the school term. You do not need to be a member of the Sports Club to book on to our swimming lessons.

We follow the National Plan for Teaching Swimming (NPTS) syllabus produced by Swim England, the national governing body for swimming, to assist and support the delivery of swimming lessons. It is a single pathway for swimmers to learn how to be competent and confident in the water.

Swimmers are required to achieve all aspects of a stage in order to pass. This multi-skilled programme enables swimmers to progress on to and participate in aquatic based activities such as competitive and synchronised swimming, diving, water polo and rookie lifesaving. Our vision incorporates opportunities for your child to progress from Stage 1 through to Stage 10.

DUCKLINGS: It's never too soon to start! Our foundation programme encourages parents to share 'confidence time' in the water with their little ones. Suitable for children 3 - 4 years old. An enjoyable experience with a qualified teacher learning the basic motor skills and having lots of fun as they start their learn-to-swim journey in preparation to move on to the Learn To Swim stages.

SWIM ENGLAND STAGES 1 - 10: Suitable for children aged 4 to 16 years, these stages develop basic safety awareness and stroke technique incorporating all the disciplines of competitive swimming. See your child progress and become a competent and confident swimmer which will lead to a habitual healthy lifestyle.



Stage 1



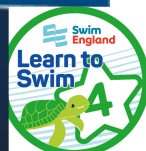
Stage 2



Stage 3



Stage 4



Stage 5



Stage 6



Stage 7



Stage 8 - 10

ASSESSMENTS

An assessment is only necessary if your child has previously participated in swimming lessons elsewhere. Children wanting to join Ducklings or Stage 1 do not need an assessment.

Assessments are held every other:
Monday between 4.30pm - 5.30pm
Wednesday between 4.30pm - 5.30pm
Saturday between 12.00pm - 2.00pm
Sunday between 1.00pm - 2.00pm

To book an assessment, please contact swimschool@stmaryscalne.org

GENERAL INFORMATION

Please be aware of the following measures:

- All swimmers must arrive promptly for the start of their lesson. Once the class has started, unfortunately it may not be possible to allow you to enter to avoid disruption to the class.
- Children under 8 years of age should be accompanied by a parent/guardian.
- Children under 8 years old should use the changing rooms appropriate to their accompanying adult. The family changing room is also available.
- During Swim School, boys aged 8-15 years must use Pupil Changing Room 1, not the Male Changing Room.
- Where possible, please do not bring non-swimming siblings to spectate to keep the amount of spectators to a minimum.
- Children who are 8 years old and over can be dropped off outside Reception and collected from Reception once the class has ended.
- All swimmers must shower on poolside before entering the pool. The poolside showers can also be used after swimming to rinse off the chlorinated water.
- All jewellery must be removed.

- Arm bands can be provided by the Swim School. Please do not bring your own.
- For Stages 1 - 3, teachers will usually be in the water with the addition of a Swim Assistant.
- Parents are welcome to stay and watch lessons, however please do not attempt to attract your child's attention whilst they are being taught.
- All children are to wear a swim hat which can be collected from reception, which indicates their stage. These must be on before entering the pool.
- During lesson time swimmers are expected to listen to the swimming teacher. This is for their own safety and progress. Any swimmers who do not abide by this will be sat on the side/removed from the lesson.
- Please keep talking to teachers to a minimum. Our receptionists are capable of handling most queries, however if you have a concern that is child specific then by all means have a quick chat with the teacher.
- Please inform us if your child has a medical condition.
- If any contact details change please inform a member of staff at Reception. It is important that we hold all current details of your child/children so that we can contact you if need be and provide you with up to date information via HomePortal.
- If the fire alarm sounds during lesson time or any other time while you/your child/children are in the Club, please make your way to the nearest fire exit where you will meet your child at the assembly point (St Mary's School playing fields) behind the Sports Club. The teacher will be responsible for your child/children and will check their names against the register.
- We will endeavour to provide the same teacher for each lesson throughout the term; however, cover teachers may be used without prior notification.
- Please help to keep the changing rooms clear and put all clothing/belongings in the lockers provided whilst you are swimming.
- An Enrolment Form will need to be completed before your child can be added to our Swim School



HOW TO ENROL

To enrol, you can either contact Reception or email swimschool@stmaryscalne.org. Payment for lessons must be received at the time of booking to ensure your child's place is reserved.

We operate a waiting list for lessons that are at full capacity, however please be advised that first come first served is still in place. Therefore, please keep checking availability at Reception or email swimschool@stmaryscalne.org.

Once you have enrolled your child/children you will be sent an automated email with the confirmation of payment, instructions on how to register on the HomePortal and also information on which lesson your child has booked on to.

If you do not receive any emails from us please contact Reception or swimschool@stmaryscalne.org, it could be that we have the incorrect details on our system.

There is also a HomePortal booklet that can assist you with registering or any issues you may encounter when using the HomePortal.

ONE TO ONE LESSON POLICY

Please Note: Demand is high for One to One private swimming lessons. We will endeavour to find a teacher and swim time that is suitable and only contact you if a time and date becomes available. Payment is required at time of booking. Cancellations must be made giving a minimum of 24 hours notice

BOOKINGS AND PAYMENTS

All new bookings for swimming lessons need to be made at Reception or over the phone with full payment available. A payment will be taken for the first 14 session block. You can pay by cheque, card or cash at Reception. Once we have taken your first payment you can pay or 'top up' via the HomePortal.

If payment for the next 14 session block is not received before the start of your child's last session, then the system will automatically remove your child from the class. Your child's space will then be made available to other customers.

Swim School Stage	Ducklings - Stage 6	Stage 7 - Stage 10
Members	£72.10	£89.60
Non-Members	£84.70	£105.42

Private Lessons	One to One (30 mins)	One to One (1 hour)
Members	£20.00	£35.00
Non-Members	£25.00	£43.75

REFUNDS AND CANCELLATION POLICY

Parents/guardians are able to cancel their swimming lessons at any point by informing the Swim School Co-ordinator in writing. We do not offer refunds for swimming lessons and therefore recommend cancelling at the end of a block. Please note, we do not offer refunds/credit for lessons missed due to sickness/scheduled absences, no matter if notice is given. If there is a medical reason why your child is unable to attend, we request relevant paperwork with proof of condition. Decisions will be made on an individual basis at the discretion of management.

St. Mary's Calne Sports Club's guide to the



SWIM ENGLAND AWARD SCHEME

Ducklings

Starting at age 3, this class encourages independent water movement through songs, games and support, preparing children for the Stage 1 class.

Awards
Duckling 1, 2, 3, 4, 5

Stage 1

For children aged 4+.
Developing safety awareness within a 'class' scenario.
Basic movement and swimming skills are taught along with water confidence.

Awards
Stage 1, 5m

Stage 2

Developing safe entries, including jumping in, floating, travelling on front and back plus rotating to regain upright positions.

Awards
Stage 2, 10m

Stage 3

Developing submersion, travelling on the front and back, rotation skills and water safety knowledge.

Awards
Stage 3, 15m

Stage 4

Developing the understanding of buoyancy through a range of skills.
Refining kicking techniques for all strokes.

Awards
Stage 4, 25m

Stage 5

Developing 'watermanship' through sculling, treading water, water skills and rotations. Develop stroke performance for all four strokes.

Awards
Stage 5, 25m

Stage 6

Developing effective swimming skills including coordinated breathing across all strokes. Awareness of water safety aspects and an understanding of the importance of preparation for exercise.

Awards
Stage 6, 25m

Stage 7

Developing quality stroke technique up to a distance of 100m.

Awards
Stage 7
50m, 100m

Stage 8, 9 & 10

These stages are discipline specific and build on the swimming skills learnt in Stages 1 to 7. They have been developed with the grass roots programmes of the individual sports so are great if your child wants to take up competitive swimming, water polo, synchro or diving.

Awards
200m, 400m, 800m, 1500m, 1600m

Child 1 - 2 - 1 Lessons

Development Squad

Aimed at developing the stamina, fitness and skills required to swim competitively. Those who have completed Stage 10 are welcome.

Distance Awards

Stage 1	5m
Stage 2	Travel 10m on front and back
Stage 3	10m Front crawl and backstroke
Stage 4	10 Kick in various strokes, 25m swim
Stage 5	10m Butterfly, breaststroke, front crawl, backstroke
Stage 6	10m Wearing clothes, 25m swim
Stage 7	Complete a set lasting 250m using various strokes
Stage 8	Complete a set lasting 400m using various strokes
Stage 9	Complete a set lasting 800m using various strokes
Stage 10	Complete a set lasting 1600m using various strokes





NON TERM-TIME COURSES

INTENSIVE SWIMMING LESSONS

Providing extra attention and support for your child, helping them achieve the specific criteria required for the stage they are currently working towards. These courses run during school holiday periods. The stages offered may vary depending on demand. The class capacity is 8 and stages 1 and 2 are taught from the water.

ROOKIE LIFEGUARD COURSE

During this course your child will learn special lifesaving skills to help keep themselves, their friends and their family safe in the water. The award includes survival, rescue and sports skills as well as life support and water safety.

SURVIVE & SAVE COURSE

RLSS UK's Survive & Save Programme is the lifesaving awards programme for teens and adults (12+). The awards are challenging but fun to complete and they are arranged into Bronze, Silver and Gold levels to ensure that you continue to develop your lifesaving skills as you progress through the awards.

PLEASE NOTE: We cannot guarantee there will always be a course taking place as it will be decided on demand. If you are interested in booking a place on any of the courses then please visit reception to find out when the next course will be taking place. In order to secure a space we will require payment at the time of booking.



SWIM SCHOOL HATS




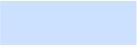


We run a swimming hat scheme where we issue each swimmer with a colour coded swim cap (free of charge!) that represents the stages within the Swim School. We ask that each child wears their swim cap for the following reasons:

- To encourage a more professional swimming etiquette and make the swimmer more visible.
- To swim faster, help with buoyancy and prepare your child for other sports that they may wish to take part in in the future i.e. lifeguarding, competitions, triathlons, outdoor swimming events etc.
- To help prevent the water filtration system becoming clogged with hair.
- To actively promote good water quality.
- As students progress through each stage in our Swim School programme they will be able to collect a different coloured swim cap (to represent the level that they are currently undertaking) from reception. Replacement caps can be purchased at Reception at a cost of £3.00.

SWIM HAT COLOUR SCHEME

We run a swimming hat scheme where we issue each student with a colour coded swim cap (free of charge!) that represents the stages within the Swim School.

THE COLOURS FOR EACH STAGE ARE:

	STAGE 1		STAGE 2		STAGE 3
	STAGE 4		STAGE 5		STAGE 6
	STAGE 7, 8 & 9				

DISTANCE DAY (SWIM SCHOOL CUSTOMERS ONLY)

Distance Day offers the opportunity for swimmers in Stages 5 and above to achieve their next distance award. This day allows for awards to be attempted which would normally take too long to complete during a normal swimming lesson. Those in Stage 5 or above who are capable of swimming 100m or more will have the opportunity to attend Distance Day.

Distance Day's are occasionally held throughout the year, depending on pool availability. To check when the next Distance Day is being held please ask at Reception (payment will be required at time of booking).

There is an extra charge to join in on a Distance Day and the price includes the swim, a badge and certificate on completion.

The distances available are;

- | | | | |
|--------|---------|------------------|---------|
| ➤ 100m | ➤ 600m | ➤ 1500m | ➤ 3000m |
| ➤ 200m | ➤ 800m | ➤ 1600m (1 mile) | ➤ 4000m |
| ➤ 400m | ➤ 1000m | ➤ 2000m | ➤ 5000m |

EXCLUSION DATES 2024

FEBRUARY

Wednesday 14th / Thursday 15th / Saturday 17th / Sunday 18th

APRIL

Wednesday 3rd / Thursday 4th / Saturday 6th / Sunday 7th

Wednesday 10th / Thursday 11th / Saturday 13th / Sunday 14th

MAY

Wednesday 29th / Thursday 30th / Saturday 1st / Sunday 2nd

JULY

Wednesday 24th / Thursday 25th / Saturday 27th / Sunday 28th /

Wednesday 31st

AUGUST

Thursday 1st / Saturday 3rd / Sunday 4th / Wednesday 7th / Thursday 8th / Saturday 10th / Sunday 11th / Wednesday 14th / Thursday 15th / Saturday 17th / Sunday 18th / Wednesday 21st / Thursday 22nd / Saturday 24th / Sunday 25th / Wednesday 28th / Thursday 29th / Saturday 31st /

SEPTEMBER

Sunday 1st

OCTOBER

Wednesday 23rd / Thursday 24th / Saturday 26th / Sunday 27th

Wednesday 30th / Thursday 31st

NOVEMBER

Saturday 2nd / Sunday 3rd

DECEMBER

Wednesday 25th / Thursday 26th / Saturday 28th / Sunday 29th

HOMEPORTAL

HomePortal allows the parent to view their child's progression after each lesson and view the criteria of each stage. The portal allows the parent/guardian to manage more than one child and course with one easy login.

PLEASE NOTE: If you do not receive any emails from us then please inform Reception.

Once your child is enrolled on to the Swim School you will be able to 'top up' your child's swimming lessons online via our customised HomePortal, at reception or by phone if you prefer. Please ensure swimschool@stmaryscalne.org is added to your contact list to prevent any emails from us going to your junk mail.

PLEASE NOTE: The HomePortal is web based and live at all times, therefore it is continually being updated and stages may become available at any time.

Once you book or 'top up' you will be advised by e-mail of any exclusion dates such as school or Bank Holidays. The exclusion dates for the year are also displayed inside this leaflet.

Automated reminders will be sent out by e-mail when you have only four sessions remaining. You will then receive an e-mail each week until payment is due. You must pay 'top up' for the next 14 sessions before the last session otherwise your child will be automatically removed from the lesson register and the space will be made available to other customers.

PLEASE NOTE: If we don't have your e-mail you will need to manage your own payment dates.

There is a HomePortal booklet located on the Swim School board in the pool hall. This should assist you with registering or any issues you may encounter when using the HomePortal.

HOMEPORTAL WEB REGISTRATION

<https://stmaryssportscentre.co.uk/homeportal/register>



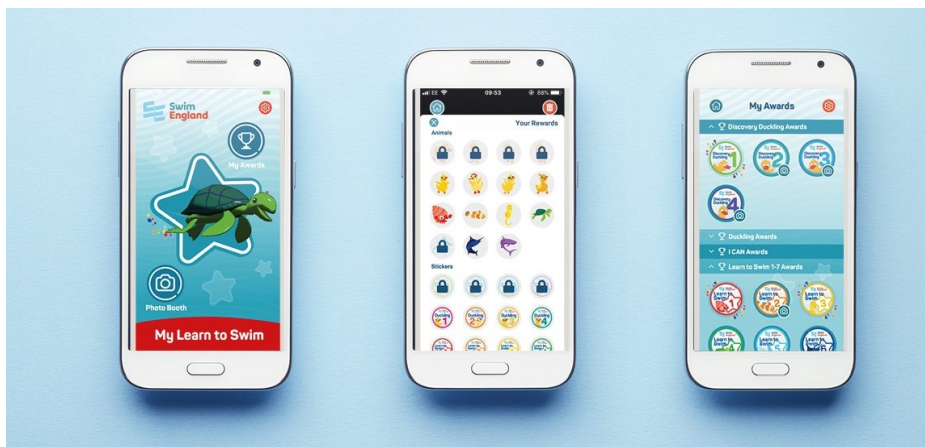
‘MY LEARN TO SWIM’ APP

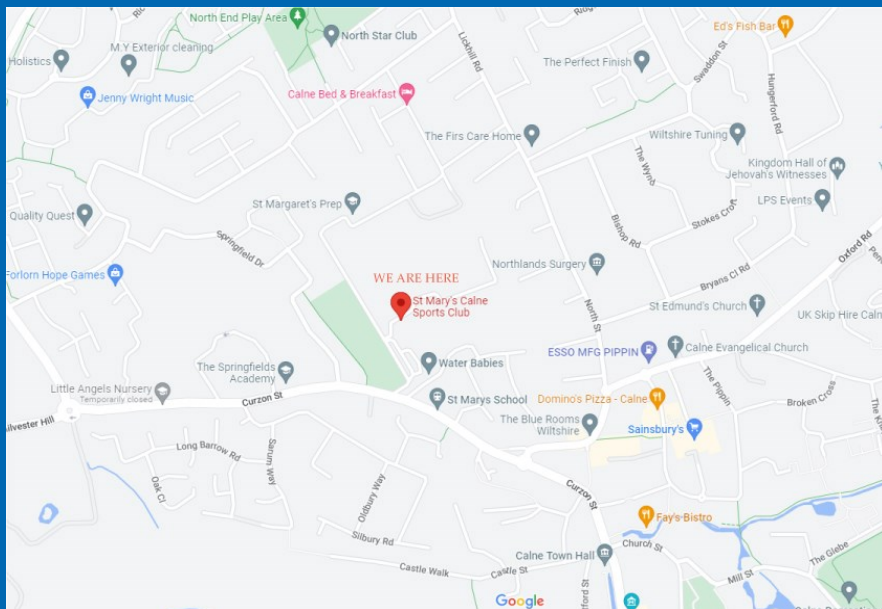
Make learning to swim even more fun with Swim England ‘My Learn to Swim’ app!

Bring the fun of swimming lessons home and celebrate children collecting more Swim England Learn to Swim Awards by unlocking more characters and stickers as they progress through the Swim England Learn to Swim Programme. The My Learn to Swim app is available from the App Store and Google Play (for FREE!).

My Learn to Swim app key features

- Unlock over 60 rewards as children collect more Swim England awards and certificates.
- Take photos with unlocked characters and accessories to share with friends and family.
- Understand what children learn during their swimming lessons as they progress through the Swim England’s Learn to Swim Programme.
- Collect and store your child’s swimming achievements in the My Awards section.
- Discover more about the Swim England Learn to Swim Programme, provided by the recognised National Governing Body.





Find the Sports Club: We are situated on Curzon Street between St Mary's and St Margaret's Schools. We have our own car park which is signposted from the main road immediately before the St Mary's School entrance.

ST MARY'S CALNE SPORTS CLUB

STAY UPDATED.

FOLLOW OUR SOCIAL MEDIA ACCOUNTS.

