ST MARY'S CALNE
SPORTS CLUB

SWIM SCHOOL
2026 - 2027



Book a free assessment today

swimschool@stmaryscalne.org

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 multiskilled 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 learntoswim 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 may be required to determine your child's current ability level and place them in the correct, safest class. Assessments are not normally needed for children joining Ducklings or Stage 1.

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 815 years must use Pupil Changing Room 1, not the Male Changing Room.
- Where possible, please do not bring nonswimming 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.
- We recommend that all children wear a swim hat which can be collected from Reception and indicates their stage.
- 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 Course Hub.
- 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. 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 whist you are swimming.
- An Enrolment Form will need to be completed before your child can be added to our Swim School or you can join online.
- The use of photographic equipment by any person is prohibited inside the pool hall. This includes mobile phones, laptops and any other electronic device. All glass products are prohibited inside the pool hall.



HOW TO ENROL

To enrol, you can either contact Reception or join online using the QR code below. 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 along with 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. If you have any questions, please do not hesitate to contact us.

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 otherwise refunds/credits will not be given.

BOOKINGS AND PAYMENTS

New bookings for swimming lessons can be made online via Course Hub, 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.

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.

	Ducklings - Stage 6	Stage 7 - Dev Squad
Members	£75.60	£95.20
Non Members	£88.90	£112.00

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 Coordinator 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

Swim England

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

Development Squad

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

1 to 1 Lessons

Distance Awards

Stage 1	5m
Stage 2	Travel 10m on front and back
Stage 3	10m Front crawl and backstroke
Stage 4	10m 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 ie 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 from reception. The different colours represent the level that they are currently undertaking. If needed, 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 & 10

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 Days 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 2026/2027

2026

October
Wednesday 28th · Thursday 29th · Saturday 31st

November
Sunday 1st

December
Wednesday 23rd · Thursday 24th · Saturday 26th · Sunday 27th
Wednesday 30th · Thursday 31st

2027

January
Saturday 2nd · Sunday 3rd

February
Wednesday 17th · Thursday 18th · Saturday 20th · Sunday 21st

March
Saturday 27th · Sunday 28th · Wednesday 31st

April
Thursday 1st · Saturday 5th · Sunday 6th
Wednesday 7th · Thursday 8th · Saturday 10th · Sunday 11th

June
Wednesday 2nd · Thursday 3rd · Saturday 5th · Sunday 6th

Summer Break
Our summer break commences from Wednesday 28th July.
Lessons will return on Wednesday 1st September

COURSE HUB

Course Hub 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

Once your child is enrolled on to Swim School you will be able to 'top up' your child's swimming lessons online via our customised Course Hub, 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 Course Hub 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 email 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 email when you have only four sessions remaining. You will then receive an email 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 email, you will need to manage your own payment dates. If you do not receive any emails from us then please inform Reception.

‘MY LEARN TO SWIM’ APP

My Learn to Swim app!

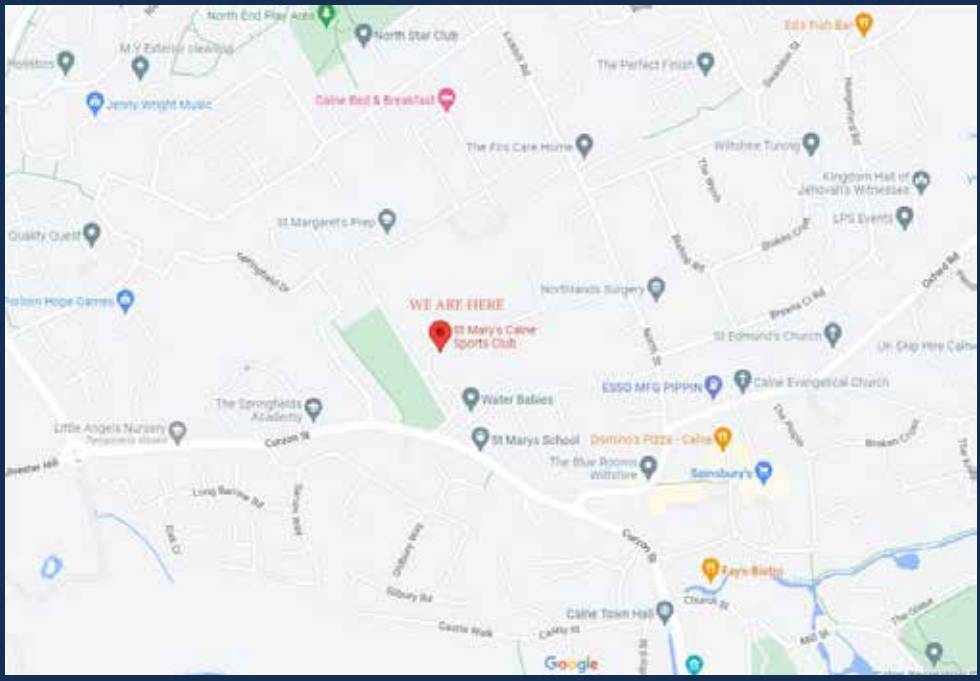
Make learning to swim even more fun with Swim England

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.

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 the two schools, St Mary's Calne and St Margaret's Prep. We have our own car park which is signposted from the main road next to the St Mary's Calne entrance.

STAY UPDATED.
Follow us on social media

ST MARY'S CALNE SPORTS CLUB