

“We aim to provide a progressive, quality and value for money service encouraging continued and frequent use by the community.”

One Leisure - St Ives

Westwood Road, St Ives PE27 6WU

Tel: 01480 388500

One Leisure - Huntingdon

St Peter's Road, Huntingdon PE29 7DA

Tel: 01480 388600

One Leisure - St Neots

Barford Road, Eynesbury, St Neots PE19 2SA

Tel: 01480 388700

One Leisure - Ramsey

Abbey Road, Ramsey PE26 1DP

Tel: 01487 710275

One Leisure - Sawtry

Green End Road, Sawtry PE28 5UY

Tel: 01487 832161

www.oneleisure.net

One Leisure is managed by Huntingdonshire District Council.

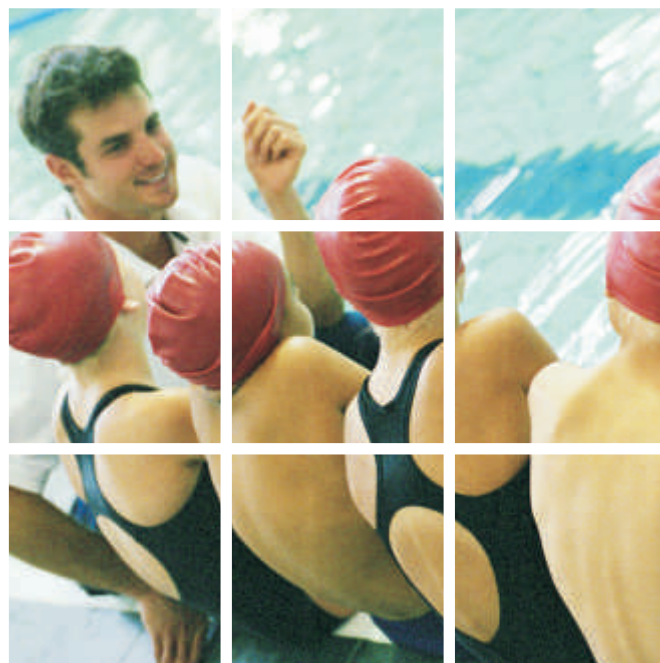
If you would like a translation of this publication, a large text version or an audio version, please contact us and we will try to accommodate your needs.

All information is correct at the time of printing (11/09). We reserve the right to amend the information as described within this publication. One Leisure regulations apply.

This publication is produced by the One Leisure Marketing Department.

swim 4life

SWIMMING LESSONS FOR
UNDER 5'S, JUNIORS & ADULTS



www.oneleisure.net

Swim 4 Life

The 'Swim 4 Life' scheme enables the development and progression of your child's swimming ability at their own pace aided by fully qualified swim teachers.

Our objective is to build confidence, develop technique and improve the swimming ability of children to give them vital life skills that they can enjoy forever.

The scheme offers a diverse range of lessons from the absolute beginner to the more confident swimmer. We are proud of our ability to offer something for everyone and our commitment to maintain the highest standards of quality.

All of our teachers are Amateur Swimming Association (ASA) or Swim Teachers Association (STA) qualified and continually update their knowledge through seminars and courses.

Children are continually assessed so they can progress quicker. We offer lessons for 43 weeks of the year which run from September to July (this includes all half term and Easter holidays but exclude the Christmas holidays and Bank holidays except May Day).

The benefits of this include:

- ease of paying by Direct Debit (and spreading the cost of your payments);
- no re-enrolment process;
- guaranteed place on swimming lessons;
- swimmers can progress as soon as the required level is achieved.



Baby & Junior Swim Courses

Step 1 (all One Leisure sites except Ramsey)

ENTRY STANDARD: 6 months

AIM: This class introduces very young babies and their parent/carer to the swimming pool environment. The class will include a selection of skills to build the confidence of the parent and child encouraging them to have fun in the water. Parents must accompany their child in the water.

TARGET: Steps 1a and 1b

Step 2

ENTRY STANDARD: 18 months and/or Step 1b

AIM: Continued development of adult and child to improve water confidence and encourage independence in the water. Parents must accompany their child in the water.

TARGET: Steps 2a, 2b and 2c

Step 3

ENTRY STANDARD: 3 years

AIM: The starting point for children in swimming lessons encouraging water confidence through play elements in turn teaching propulsion and movement.

TARGET: Steps 3a and 3b

Step 4

ENTRY STANDARD: Step 3b

AIM: This class will combine fun and games with basic skills, which include complete submersion, movement on the front and back and floatation with basic stroke techniques being introduced.

TARGET: Step 4a and 4b

Step 5

ENTRY STANDARD: Step 4

AIM: Now children start to move away from play and progressively more towards a taught environment. This course aims to encourage water confidence and the learning of basic key skills for correct stroke development.

TARGET: Step 5

Step 6

ENTRY STANDARD: Step 5

AIM: Developing key skills to solidify children's ability in all aspects of watermanship including water skills and strokes.

TARGET: Step 6

Step 7

ENTRY STANDARD: Step 6

AIM: Developing good technique in all swim strokes including arm/leg action and breathing techniques.

TARGET: Step 7

Step 8

ENTRY STANDARD: Step 7

AIM: Developing aquatic skills for competency in all aspects of swimming strokes and skills using correct techniques.

TARGET: Steps 8a and 8b

Step 9

ENTRY STANDARD: Step 8b

AIM: Development of more efficient swimming with the consolidation of the wider range of aquatic skills.

TARGET: Steps 9a and 9b

Step 10

ENTRY STANDARD: Step 9b

AIM: Further development of the main swimming strokes and an introduction to the early stages of competitive swimming.

TARGET: Steps 10a and 10b

Complete Swimmer

ENTRY STANDARD: Step 10b

AIM: Consolidation of swimming skills, speed, stamina and diving for those moving towards competitive swimming.

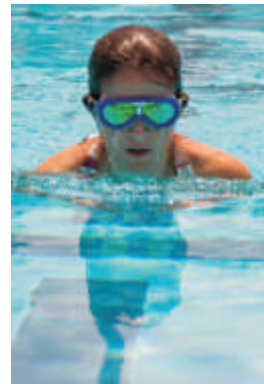
TARGET: Complete Swimmer Award

Adult Swim Lessons

Adult swim lessons are offered throughout the year with a diverse range of levels available for the complete beginner to the more advanced swimmer.

Teachers will assist you to improve your confidence, skills and ability.

Please contact reception at your local One Leisure site and they will be able to give you further details of the lessons and availability.



Junior Crash Courses

During school holidays, the One Leisure sites may offer junior crash courses suitable for beginners aged 3+ years.

These courses will not run in conjunction with the term time programme neither will places be able to be secured on the term time programme.

Please see children's school holiday publications or contact reception for details.

Other Courses Available

We also offer a range of other courses suitable for junior swimmers and young adults:

- **Private Swimming Lessons**
- **RLSS Personal Survival (St Ives only)**
- **RLSS Rookie Lifeguard**
- **RLSS Bronze Medallion**
- **National Pool Lifeguarding Qualification (NPLQ)**
- **Synchronised Swimming**
- **BSAC Snorkelling**

Please contact reception at your local One Leisure site and they will be able to give you further details of the courses and availability.

Course Information

New Starters

How do I enrol my child?

- Contact reception at your preferred One Leisure site who will ask you to complete welcome pack forms.
- Your child will then be offered any existing places or added to the relevant class waiting list (if applicable) or offered a free swimming assessment carried out by a Swimming Teacher to identify which class is most suitable.
- You will be contacted by your preferred site who will offer you a place.
- You will be asked to either pay an upfront payment and complete Direct Debit forms for future payments or pay the first instalment of the three payments scheme.

Currently Attending

How do I know how my child is progressing or when they are ready to move?

- When your child achieves an award you will be notified and then be able to collect the relevant badge and certificate.
- When your child is ready to move we will contact you to offer a space in the next class. Again, you will be able to collect the relevant badge and certificate at this stage.
- You can request a report card every 15 weeks if you would like to know how your child is progressing and/or details of achievements will be displayed intermittently.

Free One Card Membership

Customers joining the 'Swim 4 Life' swimming scheme will automatically become One Card members (membership is free of charge). Members must also complete a medical questionnaire to ensure course participants receive appropriate tuition.

If you are already a member please ensure any changes in personal details are passed on to reception. All information given is subject to the Data Protection Act 1994.

Spectators

Spectating is limited at some sites to aid your child's development. Please see the 'Swim 4 Life' information board for details.

Badges & Certificates

Badges and certificates are only awarded when the requirements of the assessment criteria have been satisfied. The teacher's decision is final.

A list of the requirements for the successful attainment of all badges is available at reception or on notice boards and you will receive a copy of the criteria your child will work towards for each class as they progress through the system.

Badges and certificates can be collected from reception. These are included in the lesson price.

Course Fees & Payment

All course fees are to be fully paid by the dates advertised on the 'Swim 4 Life' information board. The easiest way to pay is by Direct Debit over an 11 month period.

We require two forms of identification to prove your name, address and bank details in order to set up a Direct Debit payment. You must provide one item from List A and one item from List B:

LIST A

- Household Bill
(from the last 3 months)
- Driving Licence

LIST B

- Bank Card
(must include sort code and account number)
- Bank Statement

Please note that if a Direct Debit fails more than 2 months consecutively, payment will be required immediately for the rest of the block of lessons or the child will be removed from the course.

Cash, cheques, debit or credit cards can also be used to make payment. Cheques made payable to 'Huntingdonshire District Council'.

Cancellation

If you wish to cancel your child's swimming lessons you must contact us and complete a cancellation form. We require one month's written notice of cancellation. No refunds will be given without a medical certificate. If applicable the medical certificate must be for a minimum period of four weeks, alternatively we will freeze your payments and hold your child's place on the swim scheme.

If you pay by Direct Debit you will also need to cancel your direct debit at the bank.