

Private Swimming Lessons

We offer 30 minute lessons on a 1:1 and 1:2 basis. Lessons are available during general swim times on the pool timetable. Each lesson lasts half an hour and must be booked and paid for at Reception before the lesson starts. Dates and times can be arranged with the instructor directly. We will allow a maximum of 2 people to attend a lesson together who are usually siblings or friends and it is advised that swimmers are of a similar ability.

PLEASE NOTE: we do not offer a refund for cancellation or non-attendance at lessons under any circumstances or reschedule lessons. Enquiries should be made through the Swim Lesson Co-ordinator.

Holiday Crash Courses

During the school holidays we offer 30 minute intensive crash courses for Non-swimmers and Beginners. These courses are designed to build confidence to give children a head start or as a complement to our term time lessons.

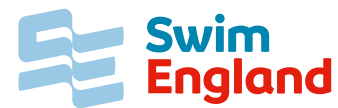
In addition we offer specialist activities including Rookie Lifeguards, Diving, Water Polo and Synchro tasters.

Check www.impingtonsportscentre.co.uk and holiday brochures for details of upcoming courses. Email enquiries to swimlesson@ivc.tmet.org.uk

RLSS UK NPLQ Courses with AED and PXB

The National Pool Lifeguard Qualification (NPLQ) is the most widely recognised Lifeguard Qualification in the UK with over 33,000 Lifeguards gaining the NPLQ every year. This course is an excellent way to start working in the leisure industry and provides valuable skills which can be used throughout your life.

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Tel: 01223 200404

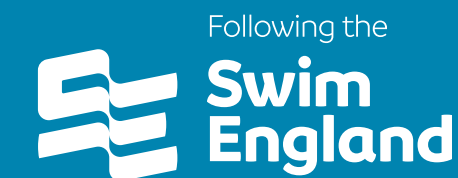
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www.impingtonsportscentre.co.uk



Swimming Lessons



Following the

Learn to Swim Programme

www.impingtonsportscentre.co.uk

Introduction to the swimming lesson scheme

The Swim England Learn to Swim Programme is the national syllabus used to help teachers deliver swimming lessons. It ensures swimming lessons for all ages are delivered to a high and consistent standard.

The all-inclusive programme takes non-swimmers on a journey through four specialised Frameworks. These start with the basics of learning to swim and end with advanced skills for sports such as water polo or diving. There is also a Framework for teaching adults to swim the Swim England Learn to Swim Programme.

Pre-School Framework

This Framework is aimed at babies and toddlers aged between 0-5 years old. It helps to build the foundation for a lifelong love of water.

Learn to Swim Framework

This Framework is made up of the seven stages of learning to swim, which develop confident and able swimmers using fun and enjoyment to engage learners.

Aquatic Skills Framework

This Framework is made up of three advanced stages, from eight to ten. These build sport specific skills for the other aquatic disciplines, Water Polo, Diving and Synchronised Swimming.

Adult Swimming Framework

This Framework is suitable for older teenagers and adults of all ages and aims to improve confidence and technique, whatever their swimming ability.

Swim England Awards

All four Swim England Learn to Swim Programme Frameworks are intrinsically linked with the Swim England Awards. These are used to reward children and adults all over the world when they are learning to swim. Each Framework has stages and each stage successfully completed in a Framework comes with a certificate and/or badge as a reward. There are also complementary badges and certificates to be earned with each Framework.

We provide

- Friendly fully qualified Level 2 swimming teachers
- Our lessons are designed by swimming experts in accordance with the 'Swim England Learn to Swim' programme
- Access to HomePortal – our online tool which allows you to track your child's progress
- Our lessons run during the school term so you only pay for 3 blocks a year

How to enrol

- Register your interest at Reception or with our Swimming Lesson Co-ordinator by emailing swimlesson@ivc.tmet.org.uk. If we have places we will book you there and then.
- You can join the course at any time during the term.
- A FREE assessment is available if you are unsure of your child's ability.

Payments

- Your first payment will be taken at Reception and payments for re-enrolments will be managed online.
- All fees to be paid by the date specified.
- There will be no reminders and failure to do so will result in the offer of the place being withdrawn.
- Badges and certificates are not included and available for an additional cost.



Terms and Conditions

Cancellation by Impington Sports Centre: Impington Sports Centre reserves the right to cancel any of its courses or sessions without notice and to vary from time to time the scale of charges. All details contained within this leaflet are correct at the time of going to press.

Cancellation by the customer: ONLY prolonged sickness (i.e. more than 4 weeks) supported by a medical certificate will be considered for a pro-rata refund or credit. For cancellations other than sickness an administration charge of £10.00 will apply in each case.

Medical notes: Any medical information that may affect your child's ability to learn to swim, needs to be recorded on the enrolment form. This information is kept in strict confidence and is only given to the teacher to assist in their instruction of your child. If your child suffers from Asthma or is taking any other form of medication, please ensure that it is brought on to poolside.

Assessment: Assessment is continuous and you can check your child's progress by logging on to the "Parents HomePortal". If you have queries regarding your child's progress please contact the Swimming Lesson Co-ordinator who will put you in touch with the teacher.

Spectators: All accompanying persons must remain in appropriate waiting areas and should not in any way disturb the teacher or lesson. There is a strict NO SPECTATING policy on poolside. If you wish to discuss your child's progress with a teacher, please leave your name and telephone number at reception or email the Swimming Lesson Co-ordinator. We kindly ask parents/guardians not to wait in the changing room area during lessons.

Our Teachers: All teachers are Swim England Level 2 qualified and have the authority to move any individual that has been placed in an unsuitable class or whose behaviour persistently disrupts the lessons. The teacher will discuss this with the parent or you will be contacted by the swim lesson co-ordinator.

Injury, Loss or Damage: Impington Sports Centre does not accept liability for any personal injury or loss or damage to property however caused. Personal belongings should be locked in the lockers provided (require £1 or locker token) and not left in the cubicles changing area.