

ADULT LESSONS

It's never too late to learn to swim! Learn to swim in a relaxed environment. A qualified instructor is on hand to give you all the support you need. Just turn up - no need to book!

All lessons are 30 minutes.

Monday	9.00 - 10.30am (9.30 - 10.00am Beginners)
Wednesday	8.15 - 9.15pm

NATIONAL POOL LIFEGUARD COURSE

Do you want to become a lifeguard and potentially secure employment? Must be 16 years + and a competent swimmer. There is a waiting list.

CRASH COURSE

5 day course of intensive swimming lessons - 30 min sessions. (Holidays only)..

OTHER SWIMMING ACTIVITIES

AQUA RUN INFLATABLE

The fun, the challenge, the excitement. An ideal session for children.

Sunday **2.00 - 3.00pm (Main Pool).**
Extra sessions are available during School Holidays.

ADULTS ONLY SESSION

Monday - Friday	7.30 - 9.00am
Monday, Tuesday, Wednesday	9.15 - 10.15pm
Friday	9.30 - 10.15pm

AQUA TONE

Monday	10.30 - 11.00am
Wednesday,	11.00 - 11.30pm
Tuesday	7.00 - 8.00pm

30min classes. Advanced booking is available.

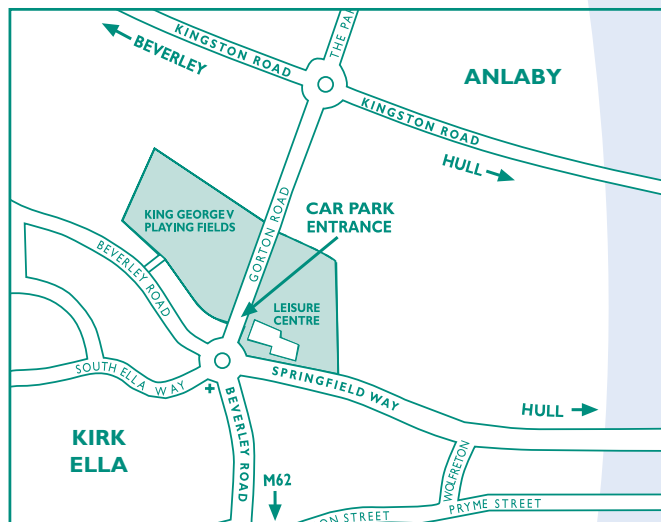
AQUA NATAL

Tuesday	6.00 - 7.00pm
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Ante and post natal session. Check with your doctor before attending

30min classes. Advanced booking is available.

LOCATION



ADMISSIONS POLICY

All children under the age of 8 must be supervised at all times during their visit by an adult in the water with them, an adult is a person who is aged 16 or over.

In the learner pool an adult can supervise up to 2 children under the age of 8 at any one time.

In the main pool an adult can supervise 1 child under the age of 4 or up to 2 children aged between 4 and 7 years old.

PUBLIC TRANSPORT

East Yorkshire Bus No 154 stops outside the facility. For timetable and more information visit their website at www.eyms.co.uk

East Riding of Yorkshire Council will, on request, provide this document in Braille or large print. If English is not your first language and you would like a translation of this document, please telephone 01482 393939.

Haltemprice Leisure Centre Springfield Way Anlaby HU10 6QJ
Telephone: 01482 652501 Fax: 01482 650577

www.haltempriceleisurecentre.co.uk

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Haltemprice Leisure Centre

Swimming Lessons



EAST RIDING
OF YORKSHIRE COUNCIL

SWIMMING LESSON PROGRAMME

It is our Policy to ensure that all lessons are enjoyable, interesting and above all achieve the highest possible standards of water confidence, water skills and stroke techniques over a short distance, allowing each pupil continuous assessment and correction through tuition.

CHILDREN LOVE WATER

Water gives children a sense of well being and is a good source of exercise and fun. It also helps develop confidence, stamina and independence. Swimming is also an important safety factor in every day life. The Learn to Swim Programme integrates school swimming into the structure of awards offered at the Centre.

BADGES AND CERTIFICATES

As pupils progress throughout the scheme they will be awarded badges and certificates. The pupils will receive a slip from the instructor stating the badges and certificates achieved. These can be purchased from Reception. Gaining a badge/certificate does not automatically mean progression to the next grade.

Please note that progression to the next grade may not always occur within the 10 week course. Assessment covers a wide range of techniques, therefore the teachers may not move the children up until they can achieve all elements of their grade with confidence.

Feedback sheets will be given to your child on week 10.

RE-REGISTRATION

Re-registration will take place during weeks 8 and 9. Those children already participating in the lessons will receive priority for the next block, although we cannot always guarantee the same time and day. Payment must be made by week 9 otherwise your child's place will be re-allocated.

NEW ENROLMENTS

The Centre operates a waiting list system for some of the lessons, when a vacancy arises you will be contacted. Please check with reception.

TEACHERS

Sometimes a teacher may not be available to teach a lesson due to sickness, holidays etc. The replacement teacher will be a qualified teacher who is familiar with the lesson programme and will maintain the high standards of tuition.

JUNIOR LESSON PROGRAMME

Each class is carefully structured to a comprehensive syllabus ensuring continuity in teaching throughout the classes. Each course of lessons will consist of 10 lessons lasting 30 minutes once a week. Parents may spectate from the viewing areas.

AQUA TOTS

9 months to 31/2 years. A gentle and enjoyable introduction to the water for baby with parental assistance. Working towards Aqua Start Grade Scheme.

Monday (term time only)	1.00 - 1.30pm
Wednesday (term time only)	1.00 - 1.30pm
Friday (term time only)	1.00 - 1.30pm
Saturday (10 week course)	
(9 months - 20 months)	10.00 - 10.30am
(20 months - 1 upwards)	10.30 - 11.00am

PRE-SCHOOL

31/2 years+. Designed to introduce basic swimming strokes and to build up confidence and independence in shallow water.

Working towards Aqua Start Grade Scheme

Term time only	
Monday	1.30 - 3.00pm
Wednesday	1.30 - 3.00pm
Friday	1.30 - 3.00pm



BEGINNERS

Grade 2 - is designed to achieve confidence in the water without the use of aids.

Grade 3 - is designed to extend confidence in the water without the use of swimming aids.

Monday, Tuesday, Wednesday, Friday	4.00 - 6.00pm
Thursday	4.00 - 7.30pm
Saturday	8.00 - 10.00am

IMPROVERS

Grade 4 - will improve stroke technique in frontcrawl, backstroke, breast stroke, butterfly and developing preliminary diving skills.

Monday	4.00 - 5.00pm
Wednesday	4.00 - 6.00pm
Thursday	4.00 - 7.30pm
Saturday	8.00 - 9.00am

ADVANCED

Grade 5, 6, 7 - are designed to improve stroke technique on all 4 main strokes over longer distances. Introducing personal survival, competitive turns and progressing diving skills.

Thursday	4.00 - 7.30pm
Saturday	8.00 - 9.00am

CLUB START

To introduce swimmers to a structured competitive environment. To develop speed and efficiency in all competitive strokes.

10 week course - 1 hour duration

Monday, Tuesday, Friday	5.00 - 6.00pm
Saturday	9.00 - 10.00am

SEALS

This class covers personal survival skills, basic lifesaving, water safety, resuscitation, bandaging and much more. Working towards STA Seals Awards.

Saturday	10.00 - 10.30am
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