

## How to Enrol

Please complete the Swimming Lessons form (below) and return to your local centre. If your child doesn't already have a Lifestyle card you will need to complete a Lifestyle application form available from reception.

Your child will be put onto a waiting list (approximate waiting time will be provided) and you will be contacted when a place becomes available.

Suitable Days (please state in order of preference 1-7, 1 being highest)

Mon  Tue  Wed  Thur  Fri  Sat  Sun

Please note if your choice of days is limited you may have longer to wait.

Ability: ..... Lifestyle Card No: .....

Name: .....

Address: .....

.....Post Code: .....

Daytime tel no: .....

Evening or Mobile No: .....

Date of Birth: ..... Age: .....

**Preferred Centre:**

- Ashton Leisure Centre
- Hindley Pool
- Howe Bridge Sports Centre
- Leigh Indoor Sports Centre
- Tyldesley Pool

If your child suffers from any medical conditions that may affect their lessons please provide us with details below:

.....  
.....

The information you provide will be held on computer but will not be made available to a third party.

For office use only: \_\_\_\_\_

Date entered onto system: \_\_\_\_\_

Membership Number: \_\_\_\_\_



Ashton Leisure Centre  
**01942 720826**

Hindley Pool  
**01942 255401**

Howe Bridge Sports Centre  
**01942 870403**

Leigh Indoor Sports Centre  
**01942 487800**

Tyldesley Pool  
**01942 882722**



## Parental Guide

'Experience the Journey through Aquatics'



National Plan for Teaching Swimming

The National Plan for Teaching Swimming (NPTS) is an 'all-inclusive programme' which takes the non swimmer from his or her first splash to developing confidence and competence in the water. Wigan Leisure and Culture Trust have adopted the new ASA programme so we can set from a very early age to develop good swimming techniques and essential swimming skills.

#### A brief overview of stages 1-7:

A more detailed description of each stage is available to see, call into your local centre and ask to see the Aqualife board.

**STAGE 1** – Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use aids, e.g. arm bands, floats, etc.

**STAGE 2** – Developing safe entries to the water, including jumping in, basic floating, travel and rotation unaided to regain upright positions. Swimmers may use aids, e.g. arm bands, floats, etc.

**STAGE 3** – Developing safe entries including submersion, travel up to 10 metres on the front and back, progress rotation skills and water safety knowledge.

**STAGE 4** – Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, and swimming 10 metres to a given standard as directed by the ASA.

**STAGE 5** – Developing 'watermanship' through sculling and treading water skills, and complete rotation, also performing all strokes to the given standard as directed by the ASA.

**STAGE 6** – Developing effective swimming skills including coordinated breathing; developing the water safety aspects and understanding of preparation for exercise.

**STAGE 7** – Developing a quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills accomplished throughout stages 1-7.

FUNDAMENTAL SPORT SKILLS, STAGES 8 -10 of the National Plan for Teaching Swimming are available in competitive swimming, water polo, synchronised swimming, diving and rookie lifesaving. Dependent on each leisure facility, all or some of these opportunities may be available.



## Your child will be continuously assessed throughout the course.

A continuation form should be obtained for each child and completed for re-enrolment on lesson eight.

Payment for the next course of lessons needs to be made before or on lesson nine. You must bring your child's lifestyle card along with your payment.

Please note only when children have mastered the skills required would they progress to the next level.

We must emphasise that children will only progress when ready to do so. This will not always be at the end of each course of lessons as children learn and master skills at different rates.

Children must change in the changing areas provided. Changing on the poolside or viewing areas is not permitted and items must be secured in lockers where necessary.

For safety and security reasons children are not permitted to wear jewellery including stud earrings during the swimming lesson.

Children with long hair must tie it back as this could hinder the child's ability when learning to swim.

Please bring your lifestyle card and swipe it in at Reception on every visit. Lost cards will be replaced only upon proof of identity. A £1.50 charge will still apply to cover costs.

Swimming is a life skill and once mastered it can open the door to a whole host of water-based activities. These can be sampled within our developmental programme, but more importantly learning to swim can provide "safety for life".

Swimming lessons are now available on  DIRECT Debit. Please ask at reception for details.

