

SWIMMING LESSON GUIDE



Welcome to our Learn to Swim programme! At Nairn Leisure Centre, we have 6 stages in our programme. Our swimming lessons start at complete beginner level for ages 5+ and finish with the completion of Level 6. In addition to this we offer Love to Swim 1 to 1 or 1 to 2 lessons. Our aim is to give all swimmers who attend our swimming lessons water confidence while also learning a valuable life skill. We work from the Scottish Swimming Learn to Swim syllabus.

LEARNING OUTCOME - LEVEL 1

- Safe water entries & exits - where possible without support but under supervision.
- FUNDamental movements skills & orientation.
- Aquatic breathing & breath control
- Submerging
- Floatation with support

LEARNING OUTCOME - LEVEL 4

- Breastroke leg kick
- Breastroke arm action
- Frontcrawl full stroke with bi-lateral breathing
- Backcrawl full stroke with rhythm, timing & efficiency
- Front crawl full stroke with rhythm, timing & efficiency
- Tumble turns
- Treading water

LEARNING OUTCOME - LEVEL 2

- Introduction to deep water
- Floatation for 5 - 10 seconds
- Streamlining - Push & Glide
- Leg kick - Propulsion
- Body Rotations (longitudinal and horizontal)
- Arms - Propulsion

LEARNING OUTCOME - LEVEL 3

- Deep water confidence
- Backcrawl body position with leg kick
- Backcrawl arm action
- Front crawl body position with leg kick & lateral breathing
- Front crawl arm action with lateral breathing
- Backcrawl full stroke
- Front crawl full stroke
- Introduce tumble turns

LEARNING OUTCOME - LEVEL 5

- Breastroke timing
- Breastroke starts and turns
- Frontcrawl full stroke - rhythm development & stroke efficiency
- Breastroke full stroke
- Butterfly leg kick
- Butterfly arm action
- Racing Dive

LEARNING OUTCOME - LEVEL 6

- Breastroke full stroke - rhythm, timing development & stroke efficiency
- Starts and turns - all strokes
- Front crawl, Backstroke and Breastroke - speed / power development
- Butterfly full stroke
- Individual Medley(IM)

Swim Lesson Block dates!

Wb 15th January – Wb 11th March 2024 (inclusive) - Excluding wb 19th Feb due to hol / in-service days on 19th-21st Feb

Easter Hols: 29th March – 14th April 2024

Wb 29th April – Wb 17th June 2024 (inclusive) – Lessons scheduled Mon 6th May (PH) to run on Mon 24th June instead

Summer Hols: 28th June – 18th Aug 2024

Wb 19th August – Wb 7th October 2024 (inclusive)

October Hols: 12th – 27th October 2024

Wb 28th October – Wb 16th December 2024 (inclusive)

CONTACT US:

Like us on Facebook!



Email – nairnleisurecentre@highlifehighland.com

Address — Nairn Leisure Centre
Marine Road, Nairn, IV12 4EA

Or, enquire at reception!

Telephone – (01349 781500)

NAIRN LEISURE CENTRE

LOVE TO SWIM

One-to-one lessons give you all the advantages of personal attention at all times to help you achieve your goals, or you can opt for a one-to-two lesson if you prefer to learn to swim with a friend.

If you're a High Life member, you enjoy significantly reduced rates. See participating leisure centres overleaf and more reasons why a High Life membership offers great advantages to the whole family!

LEARN / BUILD CONFIDENCE
IMPROVE TECHNIQUE
LOVE TO SWIM

ANYONE OF ANY AGE CAN TAKE THE PLUNGE WITH HIGH LIFE!

OUR ONE-TO-ONE

LOVE TO SWIM LESSONS ARE FOR:

- Children on waiting lists who want to learn to swim.
- Swimmers wanting fast-track improvement in technique.
- Adults who've never learned.

Anyone who's not comfortable in the water and needs to build confidence

To sign up for Love To Swim, head to:
www.highlifehighland.com/leisure/love-to-swim-lessons/

Health & Hygiene

Please ensure your child has showered before the start of their lesson. It's highly recommended that a child has one hour between eating a meal & the start of any swimming activity.

Absence

If your child is absent due to sickness etc. please notify reception before the lesson is due to start. Any child who misses 3 consecutive weeks, having failed to inform us in advance, may automatically lose their place.

Lockers

Can all Parents and Children please put all clothing in lockers during Swimming Lessons so that all cubicles are free for the next set of lesson times.
THANK YOU

Viewing

Parents/guardians are invited to watch the swimming lessons from the viewing area.

Changing Rooms

Nairn Leisure Centre has separate Male and Female changing rooms, children 8 and over must use the appropriate changing room. If a responsible adult has to accompany the child, the specific changing room appropriate to the responsible adult must be used.

High Life cards

Your child must have a High Life card to take part in lessons. This can be either as part of an all-inclusive, pay as you go or budget membership. The card must be swiped every week at reception. Failure to do this will be recorded as a non-attendance and may result in your child losing their place.

FREQUENTLY ASKED QUESTIONS

Payment of Lessons

For pay as you go members, customers must pay for the block of lessons in advance prior to the start of their first lesson. Failure to do this may result in you losing your place within this programme.

Suitable Swimming Attire

Girls – One piece swim suits (preferably)
 Boys – Swim trunks or shorts
 We recommend long hair is tied back or in a swimming hat. It is also important that your child brings goggles with them each week.

Child Admission Policy

Please note that in accordance with industry guidelines, children under 8 must be accompanied by a responsible adult. Anyone who is responsible for a child under 8 must not leave the building during the swimming lesson. Children who are over 8 years old can use the facility unsupervised. High Life Highlands' responsibility for your child will commence at the start of the lesson and cease at the end.

Re-booking

Your child will automatically continue to be enrolled each term into the next block of lessons at the same time and day. If your child has completed a level please see our reception team to advise of the next steps. Please let us know if your child will not be returning to lessons so we may offer the space to someone else.

Please refer to our timetable for our full range of sessions and activities @ <https://www.highlifehighland.com/nairn-leisure-centre/timetables/>

