

# Swimming Lessons

 **enjoyleisure**

- Weekly Swimming Lessons
- FREE SWIMS
- Easy Direct Debit Payments



**ENJOYLEISURE'S LEARN TO SWIM PROGRAMME  
INSPIRES KIDS TO....**

**GET IN THE  
SWIM**



**GET IN THE  
SWIM**

We follow the **Scottish Swimming Learn to Swim Framework** which provides a clear set of national standards, as well as a pathway which allows you to follow how your child is progressing, and what this actually means in terms of their swimming ability.





# Scottish Swimming Lesson Framework

As well as the Early Years Programme (Adult & Baby, Adult & Toddler, Adult & Child lessons), the Learn to Swim programme consists of seven levels:

**Pre-school Swim**

**Skills 1A /1B Swim**

**Skills 2 Swim Skills**

**3 Swim Skills 4**

**Club Ready**

The programme provides a fun, progressive and all-inclusive pathway to encourage children to participate in aquatic activities at whatever level they aspire to.



Adult  
&  
Baby

# Learn to Swim

Scottish Swimming

 Club Ready Swim

 Club Ready Water Polo

 Club Ready Synchro

 Rookie Lifeguard



CLUB READY



## PROGRESSION CHART



→ EARLY YEARS →

→ LEARN TO SWIM →

# New SwimSkills Level

**Adult & Baby  
Adult & Toddler  
Adult & Child**

**Stage  
Aims**

**Pre-School**

**By the end  
of this level  
you will be  
able to -**

**SwimSkills  
1a**

**By the end  
of this level  
you will be  
able to -**

**SwimSkills  
1b**

**By the end  
of this level  
you will be  
able to -**

**SwimSkills  
2**

**By the end  
of this level  
you will be  
able to -**

**SwimSkills  
3**

**By the end  
of this level  
you will be  
able to -**

**SwimSkills  
4**

**By the end  
of this level  
you will be  
able to -**

# Exit Criteria

## Adult & Baby

For the adult to develop a range of skills to handle their baby in the water, practising basic body positions so the baby builds confidence and enjoyment in the aquatic environment.

## Adult & Toddler

To encourage the toddler to gain independent movement and core aquatic skills through structured play focusing on fun, enjoyment and self-discovery.

## Adult & Child

To further develop aquatic skills through structure play and develop the independence necessary for the next level (where the child attends lessons without their parent/guardian).

- Enter and exit the pool safely without assistance
- Display aquatic breathing with full submersion (blow bubbles through mouth and nose)
- Fully submerge body
- Demonstrate floatation front and back with or without a buoyancy aid

- Demonstrate streamlining on front and back with or without a buoyancy aid
- Travel 5 metres on front or back with or without a buoyancy aid
- Jump in without assistance
- Demonstrate three different movements across the pool

- Enter and exit the pool safely without assistance
- Fully submerge body
- Demonstrate floatation on front and back with or without a buoyancy aid
- Demonstrate a push and glide on your front and back without buoyancy aids

- Kick on front and back with or without a buoyancy aid for 5 metres
- Jump in without assistance
- Swim a minimum of 5 metres consistently demonstrating Frontcrawl and Backcrawl

- Demonstrate floatation on front and back without a buoyancy aid
- Demonstrate a mushroom float
- Demonstrate a push and glide
- Kick on front and back with or without a float for 10 metres

- Swim a minimum of 10 metres consistently demonstrating Frontcrawl and Backcrawl
- Show rotation from floating position front to back and back to front
- Demonstrate a sculling action
- Demonstrate repetitive bobbing for 30 seconds

- Demonstrate a push and glide with leg kick for 5 metres holding streamline position
- Kick on front and back for a minimum of 15 metres
- Swim Frontcrawl with regular breathing for a minimum of 15 metres

- Swim Backcrawl consistently for a minimum of 15 metres
- Demonstrate breaststroke leg kick
- Scull for 10 metres head first on back supported
- Head first surface dive to collect object on bottom of pool (minimum depth 1.2 metres)

- Travel on front and perform a somersault, finishing in a streamlined position
- Swim 25 metres Frontcrawl and Backcrawl consistently maintaining correct technique
- Demonstrate Breaststroke with simultaneous leg and simultaneous arm action
- Demonstrate basic Butterfly technique

- Travel 5 metres with an undulating body action
- Tread water for 30 seconds waving one hand above the head to attract attention
- Triple 5 Standard – completing the award
- Enter and exit the pool without using the steps
- Scull for 10 metres

- Swim minimum 50 metres of Frontcrawl demonstrating push and glide, competent technique with bi-lateral breathing, high elbow and reach and pull
- Swim minimum 50 metres of Backcrawl demonstrating push and glide, good technique, steady head position with rolling of the shoulders round the long axis

- Swim minimum of 50 metres of Breaststroke demonstrating push and glide, good technique and basic undulation
- Swim minimum of 15 metres of Butterfly demonstrating push and glide, competent technique and basic undulation
- Perform a dive with transition to any stroke
- Perform a straddle jump and tread water for 45 seconds

# What's included?

## Rolling Programme

Swimming lessons are scheduled on a rolling 48 week programme through the year.

(There is a 2 week break at Christmas and 2 week break in the Summer for teacher CPD training).

## Join at any time

All new entrants are assessed to determine at which level they should join the lesson programme. They are then offered the next available space at that level.

## Easy Payments

Payments are made by manageable monthly direct debit.

## Free Swims

All swimming lesson participants can enjoy FREE SWIMS at all East Lothian swimming pools, all year round.

## Membership scheme

Every swimming lesson participant enrolls in the 'Get in the Swim' membership scheme.

**£26.40** per month\*



# Getting the best out of your swimming lessons

## Getting ready for your lesson

- ✓ Register at reception on arrival
- ✓ Arrive early
- ✓ Wear appropriate swim wear
- ✓ Tie long hair up
- ✓ Remove any jewellery
- ✓ Go to the toilet and shower before entering the pool
- ✓ Wait patiently for your name to be called

### PARTICIPANT BEHAVIOUR

- Our teachers will employ reasonable measures to maintain the smooth delivery of a class.
- If the behaviour of a participant is deemed unsatisfactory, or puts either themselves or other participants at risk, the swimming teacher may remove the participant from the class.
- If this behaviour is persistent, the participant may be removed from the lesson programme.

### PARTICIPANT ILLNESS / MEDICAL CONDITIONS

- If your child has a medical condition, please advise the teacher at the start of the lesson.
- If your child is unwell, please do not bring them to their swimming lesson.
- If your child has been ill with diarrhoea they should not swim for at least 2 weeks after it has completely cleared up.
- If you are currently self-isolating or have any COVID symptoms, do not attend lessons.

### PARENTS

- Kindly leave the pool hall, and watch from the café / viewing areas.
- Be aware that if your child is under 8 years old, you are required to stay within the Sports Centre for the duration of the lesson.
- Please make yourself available to assist with toilet breaks and/or behavioural issues if necessary.
- Please direct any questions / queries to the Duty Manager or Swimming Development Team, rather than distracting the teachers.
- Please collect your child promptly at the end of the lesson.

### PHOTOGRAPHY

- Please note, no photography or filming is permitted within the centres without prior approval. Permission forms are available at reception.

### FIRE EVACUATION

- In the unlikely event of a building evacuation or other emergency situation, swimming lesson participants will be advised of the appropriate procedures by their swimming teacher.
- Parents should follow the instruction of Centre staff.



# enjoyleisure lesson programme

## LESSON SCHEDULE

Swimming lessons are provided on a rolling weekly basis for a minimum of 45 weeks in any given calendar year. We aim to deliver 48 lessons per year, in effect offering up to 3 lessons FREE. All lessons are subject to availability. In unforeseen circumstances **enjoyleisure** reserve the right to cancel lesson(s) at short notice. While every effort will be made to rearrange cancelled lessons, this may not always be possible.

**enjoyleisure** will schedule two CPD training weeks for teaching staff in the Summer. During these weeks there will be no lessons. An additional two week festive break will be applied between Christmas & New Year. These dates will be advertised in advance, both in the centres and online at [www.enjoyleisure.com](http://www.enjoyleisure.com).

**enjoyleisure** reserve the right to amend the swimming lesson schedule at any time.

## LESSON DELIVERY

Participant to teacher ratios are developed in line with the Scottish Swimming guidelines as follows:

- Early Years the maximum is 1:12.
- Pre-School the maximum is 1:5.
- Swim Skills 1 the maximum is 1:6.
- Swim Skills 2 and above the maximum is 1:8.



## The finer details

**enjoy**leisure endeavours to provide the same teacher for each lesson. However we do employ relief teachers and reserve the right to appoint a new teacher at any time. In the event a teacher is likely to be absent for a long period of time, we will try to keep the same cover teacher whenever possible.

### **PARTICIPANT PROGRESSION**

All participants will work within the Scottish Swimming National Learn to Swim Framework.

Swimming Teachers continually assess the participant's progression throughout the year. The advancement of participants will be at the judgement of the Swimming Teacher and in accordance with the criteria of the Scottish Swimming Framework. The speed of progression will depend on the ability of the participant.

Upon completion of a level, parents/guardians will be notified by the Swimming Development Team. The allocation of new class placements will be made depending on class availability.

Due to the continuous progressive nature of our programme, we cannot guarantee a specific day or time slot on progression.

### **AWARD SCHEME**

The Scottish Swimming Framework offers an award scheme for participants enrolled in the programme. The purchase of certificates is in addition to the monthly membership fee and is completely optional.

**enjoy**leisure is an affiliated swim school that complies with standards set by Scottish Swimming. Each of our Swimming Teachers are UKCC qualified, members of Scottish Swimming and are PVG disclosure checked.





# Membership scheme

## MEMBERSHIP ENTITLEMENT

The membership will be held in the participant's name. Its benefits are non-transferable and non-refundable.

Get in the Swim members are entitled to

- One swimming lesson per week throughout the duration of the lesson schedule.
- Free swims during public swimming sessions at each of the swimming pools across East Lothian.

## SUBSCRIPTION & PAYMENTS

Membership fees are set by **enjoyleisure** and are reviewed annually. A minimum of 14 days notice will be given to any adjustment of the direct debit payment. Fees are set against the provision of 45 lessons per year. We aim to deliver 48 lessons per year, in effect offering up to 3 lessons for free.

Membership fees will be taken by direct debit from a nominated bank account on (or as near after) the 1st of the month until 28 days written cancellation notice is received.



## What you need to know

Should a member default on a monthly payment, members will be notified, and a cash/card payment will be required for the outstanding balance within 14 days to reinstate the membership. Failure to do so will result in the membership being cancelled and the participant will be removed from the swimming lesson programme with immediate effect.

### **ACCESS TO LEISURE DISCOUNT**

Access to Leisure card holders receive a 50% discount on the monthly direct debit membership fee. This discount is subject to the member having a valid Access to Leisure subscription.

Should the Access to Leisure subscription expire / terminate, the monthly membership fee will automatically increase to the standard rate from the next direct debit payment.

NB: It is the member and their parent/guardian's responsibility to ensure that any Access to Leisure subscription is renewed at least 14 days prior to the next direct debit payment date.





# Membership scheme

## CANCELLATION REQUESTS

Cancellation requests must be submitted in writing providing 28 days notice either at a Sports Centre Reception, by post to:

**enjoyleisure** Head Office,  
Musselburgh Sports Centre,  
Newbigging,  
Musselburgh  
EH21 7AS

or via email to [memberships@enjoyleisure.com](mailto:memberships@enjoyleisure.com).

On receipt of a cancellation request, participants will be removed from the lesson programme at the end of the notice period and their place allocated to another child.

## MISSED LESSONS

Membership fees are non-refundable where the participant has either missed lessons due to illness, holidays or decided to withdraw from the programme altogether.

Consideration will be given where an extended leave of absence is required due to medical concerns. Such requests should be made in writing to [swimming@enjoyleisure.com](mailto:swimming@enjoyleisure.com) or [memberships@enjoyleisure.com](mailto:memberships@enjoyleisure.com)

In unforeseen circumstances **enjoyleisure** reserve the right to cancel lesson(s) at short notice. Every effort will be made to contact participants as soon as possible. **enjoyleisure** will endeavour to rearrange cancelled lessons, however this may not always be possible.



## What you need to know

### FREE SWIMS

Members can enjoy free swims during public swimming lessons at each of the swimming pools across East Lothian.

On arrival at the centre, members must register at reception presenting their membership card, to receive a free swim.

Swimming Pool opening hours will be displayed at reception and notification will be given of any planned alterations to these times where possible.

During public swim sessions, children under the age of 8 years must be accompanied by an adult (over 16) in the swimming pool at all times. A max ratio of 1 adult : 2 children applies.

### GENERAL CONDITIONS

Sports Centre facilities are available for use by members of the public on a pay and use basis as well as those with memberships. All users must follow the guidelines for safe and comfortable use of the facilities.

**enjoyleisure** retains the right to refuse an application, terminate a membership or usage without refund if they consider a user's actions to be unacceptable to others or **enjoyleisure** staff.

**enjoyleisure** reserves the right to amend the Get in the Swim Membership terms and conditions at any time without prior notification. An up-to-date copy of the full terms & conditions is available to view on [www.enjoyleisure.com](http://www.enjoyleisure.com).



## Contact us

### SWIMMING LESSON / FRAMEWORK ENQUIRIES

Please contact the swimming lesson  
development team via  
[swimming@enjoyleisure.com](mailto:swimming@enjoyleisure.com)

### MEMBERSHIP ENQUIRIES

Please contact the membership team on  
[memberships@enjoyleisure.com](mailto:memberships@enjoyleisure.com)

### SPORTS CENTRE CONTACT DETAILS

Aubigny Sports Centre T: 01620 820650

Dunbar Leisure Pool T: 01620 820655

Loch Centre T: 01875 824140

Musselburgh Sports Centre T: 0131 653 5208

North Berwick Sports Centre T: 01620 820730

[www.enjoyleisure.com](http://www.enjoyleisure.com)

Delivering services for East Lothian.

Registered Scottish Charity: SC040527

