

SWIMMING LESSONS

Warwick District Council runs a range of swimming lessons at all three of its pools. These include weekly term time courses; crash courses during school holidays and one to one tuition. All teaching is based on the ASA National Plan for Teaching Swimming and classes are led by a qualified teacher.

Weekly Courses

A waiting list system is in place for the weekly courses. The minimum age for accepting juniors onto this list is 4 years, and 16 years for adults. Once your name is on the waiting list, we will phone you when we can offer you a place on a course, trying to give you at least two weeks notice of the start of the course. A card payment will secure your place. Classes take place once a week over the 10/14 week period. Junior lessons are for thirty minutes; adult lessons for forty minutes.

Crash Courses

Intensive courses of several lessons in one and two week blocks are run during the school holidays. These courses do not give priority to people on the waiting list but are booked at the pool on a first come first served basis. Details of courses are displayed in the centres and included in the holiday activity leaflets produced for each holiday period, or on our website.

For both of the above types of course teacher/pupil ratios are designed to allow for progressive learning and to maximise teacher/pupil contact.

Individual One to One Tuition

These lessons offer individual instruction to Juniors and Adults who feel they would benefit from this type of tuition rather than a group class. Please contact the centre of your choice for further details.

Adults Swimming Lessons

Pay a termly membership fee, which includes your first lesson free. From then you pay a discounted rate for every lesson you attend. Joining the Adults lessons will allow members the option of paying as they attend and the flexibility of attending any of our 3 pools for lessons.

Amateur Swimming Association National Plan for Teaching Swimming

Warwick District Council uses the ASA National Plan for Teaching Swimming as a framework for its popular swimming lesson programme.

The National Plan focuses on building water confidence then developing sound techniques in the range of swimming strokes.

Local swimming clubs will also be using the plan to progress junior swimmers through the various stages of competition.

The Plan also caters for Parent and Toddler classes giving guidance on introducing very young children to the pleasures of being in the water.

Warwick District Council Junior

Water Safety & Admissions Policy

All swimming pools adhere to the following policy; Public Swimming Sessions

- Children under the age of 4 must be accompanied by a responsible person (aged 16 or over) on a one to one basis.
- Children aged between 4 - 7 years must be accompanied by a responsible person (aged 16 or over) on a maximum ratio of one adult to two children.
- Children aged 8 and over may use the pools unaccompanied at the discretion of their parent/guardian/carer and the pool supervisor.

Sessions for Under 4's

Each pool programme includes some special sessions supervised by additional lifeguards where each adult can bring up to 2 children under 4 years. Ask at Reception for the times of these sessions.

ASA/IRSM Swimming Pool Standard Award

If your child is aged 4 - 7 years they can be tested for this award at any of the Warwick District Council pools. If they reach the standard required by this award they can purchase an identity card which will show they are a 'competent swimmer'. They will need to: -

- a) Jump from poolside into 1.5m of water and submerge or hold a mushroom float for 10 seconds,
- b) Tread water for 1 minute,
- c) Swim 2 lengths (50m) in less than 2 minutes.

Under 8's must be accompanied in the water by an adult swimmer at all times. However, this new award may help families who have a child under 4 and only 1 adult; you can then bring the competent swimmer and the child under 4 with one adult.

The award can be tested at the end of each term of swimming lessons, on badge testing mornings and during quiet public sessions at the discretion of the Duty Supervisor.

In line with ISRM guidance we have introduced some special arrangements to allow adults to bring more young children under certain circumstances:

Non Swimmers Areas

We have designated the following areas as 'non swimmers areas' due to the nature of the pool.

Non swimmers areas will allow adults to bring:

- Up to 3 children aged 4 - 7 who are either swimmers, or non swimmers wearing armbands.
- Up to 2 children children aged under 4 years who are either swimmers, or non swimmers wearing armbands.

Non swimmers areas are in place at: Abbey Fields Swimming Pool - Saturday 15:00 - 17:00 (shallow end) St Nicholas Park Leisure Centre - Splash pool during all public sessions except Splosh sessions.

Newbold Comyn Leisure Centre - 01926 882083

JUNIOR LESSONS (4YRS+)

Monday	16:00, 16:30, 17:00 & 17:30
Wednesday	16:00, 16:30, 17:00 & 17:30
Thursday	16:00, 16:30, 17:00 & 17:30 (Beginners 4yrs)
Saturday	09:00, 09:30, 10:00 & 10:30 (Four ability groups)

JUNIOR CLUB (T)

Saturday	11:00 - 11:40 - Pre Junior Club
	11:40 - 12:30 - Junior Club

Swimming club for more confident junior swimmers. Must be able to swim 200m (8 lengths).

AQUABABES (0 - 3 YEAR) (T)

Monday	10:30 - 11:00
Friday	10:00 - 10:30

Come along with your baby and enjoy constructive play with a variety of water aids. A teacher is available for advice.

DUCKLINGS (T)

Thursday	13:00 - 13:30 (1 1/2yrs - 3yrs)
Saturday	17:30 - 18:00 (3 1/2yrs - 5yrs)

Come along with your toddler and enjoy constructive play with a variety of water aids. A qualified teacher leads this session.

PARENTS AND TODDLERS FUN SESSION (T)

Tuesday	10:00 - 11:00
Wednesday	15:00 - 18:00
Thursday	10:00 - 11:00

In the Leisure Pool - fun with floats, balls and water toys. Whilst there is no teacher available for this session it is a great opportunity to build confidence in young swimmers.

ADULT LESSONS

Monday	15:00 - 15:40
	21:00 - 21:40
Friday	09:00 - 09:40
Saturday	08:00 - 08:40

St Nicholas Park Leisure Centre - 01926 495353

JUNIOR LESSONS (4YRS+)

Monday	15:30, 16:00, 16:30 & 17:00
Tuesday	15:30, 16:00, 16:30
Thursday	16:00, 16:30 & 17:00
Saturday	09:00, 09:30, 10:00, 10:30 & 11:00

JUNIOR CLUB

Tuesday	16:45 - 17:30
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For advanced swimmers, must be able to swim 200m. Contact reception for details.

AQUABABES

Wednesday	11:30 - 12:00 (4months - 2yrs)
	12:00 - 12:30 (2yrs - 4yrs)
Friday	11:30 - 12:00 (4months - 2yrs)
	12:00 - 12:30 (2yrs - 4yrs)

Come along and enjoy constructive play with a variety of water toys. A qualified teacher leads this session.

Most classes must be booked in advance. Please call your local centre.

ADULT LESSONS

Tuesday	09:00 - 09:40 (Beginners & Improvers)
Thursday	11:30 - 12:10
	(Beginners & Improvers - Ladies Only)

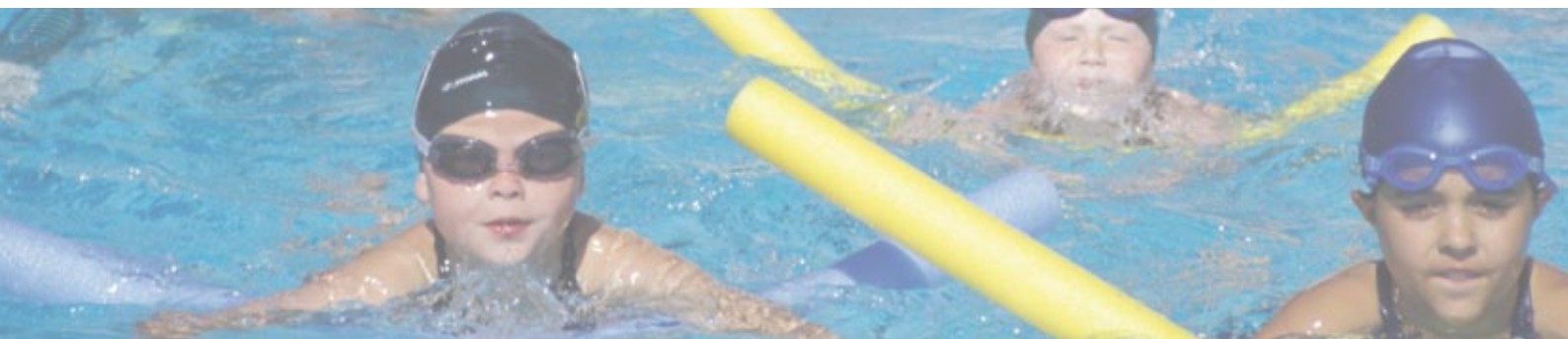
Please Note: All classes must be pre-booked except those marked (T) which are turn up and pay on the day.

Also, swim classes **DO NOT** run during school holidays.

ALL CLASSES ARE LEAD BY A
QUALIFIED INSTRUCTOR

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SEE OVER PAGE FOR MORE
SWIMMING LESSONS
PLUS SPLOSH!



Abbey Fields Swimming Pool - 01926 855478

JUNIOR LESSONS (4YRS+)

Monday	16:00, 16:30 & 17:00
Tuesday	17:00 & 17:30
Wednesday	16:00, 16:30, 17:00 & 17:30
Thursday	16:00, 16:30, 17:00 & 17:30
Friday	16:00, 16:30, 17:00 & 17:30
Saturday	09:00, 09:30, 10:00 & 10:30

JUNIOR LIFESAVING (T)

Tuesday	16:00 - 17:00
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Following R.L.S.S. Rookie Lifesaving Scheme introducing juniors to the basics of lifesaving and water safety.

JUNIOR CLUB (T)

Saturday	11:00 - 12:00 (Advanced Beginners)
	12:00 - 12:40 (Beginners & Improvers)

Swimming club for more confident junior swimmers. Must be able to swim 200m (8 lengths).

AQUABABES (T)

Wednesday	10:00 - 10:30
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Come along with your baby and enjoy constructive play with a variety of water aids. A teacher is available for advice.

DUCKLINGS (3YRS+)

Monday	13:45 - 14:15
Wednesday	13:45 - 14:15
Friday	17:00 - 17:30
Saturday	10:00 - 10:30

Introduction and water confidence skills.

PARENTS & TODDLERS FUN SESSION (T)

Monday	12:00 - 13:40
Friday	14:00 - 15:00
Saturday	15:00 - 17:00

Whilst there is no teacher available for this session it is a great opportunity to build confidence in young swimmers.

ADULT LESSONS

Monday	09:20 - 10:00 (Beginners & Improvers)
Wednesday	10:30 - 11:10 (Beginners)
	11:20 - 12:00 (Advanced)
Saturday	08:10 - 08:50 (Beginners & Improvers)

PRICES AND TIMES MAY BE
SUBJECT TO CHANGE

Swimming Prices

	NEWBOLD COMYN	ST NICHOLAS PARK	ABBEY FIELDS
Adult	£3.90	£3.40	£3.50
Junior	£2.30	£2.10	£2.10
Under 4yrs	FREE	FREE	FREE
Senior Citizens	£2.30	£2.10	£2.10
Family (2 adults, 2 children)	£11.40	£10.00	£10.20
Swimmer with a disability	£2.30	£2.10	£2.10
Benefit recipient	£2.30	£2.10	£2.10
Spectators	£1.00	£1.00	£1.00
Parents & Tots Sessions	£3.90	£3.90	£3.90

SPLOSH! Prices

	NEWBOLD COMYN	ST NICHOLAS PARK	ABBEY FIELDS
Adult	£4.00	£3.40	£3.50
Junior	£2.50	£2.20	£2.20
Under 4yrs	FREE	FREE	FREE
Senior Citizens	£2.30	£2.10	£2.10
Family (2 adults, 2 children)	£12.00	£10.00	£10.40
Swimmer with a disability	£2.30	£2.10	£2.10

