

**Atlantis Sports and Leisure Centre
Application Form for Swimming Lessons**

Date _____

Parent/Carer

Title _____ First name _____ Surname _____

Childs first name: _____ Surname _____

Date of Birth: _____

Address: _____

Postcode: _____

Telephone numbers:

(Day) _____ (Evening) _____

(Mobile) _____ Email _____

In the interests of safety do you have any medical conditions i.e. Asthma, Epilepsy, Hyperactivity, Diabetes or other not listed. If so please state below

In order to place your child in the correct class, please study the Learn to Swim Programme overleaf and indicate below the correct level of entry for your child.

ENTRY LEVEL _____

If you have any further questions please call our Swimming Development Officer **Rebecca MacKinnon** on **(01631) 566800 extension 306** or email rebecca@atlantisleisure.co.uk

Scottish Swimming - Learn To Swim Programme

Pick the level that best describes your child's swimming ability

Adult and Child classes:

These classes are available for a child to gain confidence in a safe and fun environment with an adult they know and trust. The classes are available for babies up to around 18 months old (Adult and Baby) and then 18 months to 4 years old (Adult and Child). The 'Adult & Baby' class is part play and part coach lead and the 'Adult and Child' class is fully coach lead. We would encourage children to come to these classes first to gain water confidence before moving into the 4 yrs + class, as we feel they are then better prepared to join in a group lesson without an adult.

Level 1

Walking in water with water at shoulder level
Enter and exit pool safely with assistance
Get face wet without submerging
Blowing bubbles for 5 seconds
Regain feet from a floating position with an aid and assistance
Kick on front and back with an aid (float or woggle)

Level 2

Pick up objects from the bottom of the pool in shallow water
Enter and exit pool safely without assistance
Using a board/aid, float on back unassisted
Bob up and down repeatedly, submerging body and blow bubbles through nose and mouth
Roll 180 degrees from front to back then regain feet
Kick 5m on front with aid unassisted
Kick 5m on back with aid unassisted

Level 3

Perform a surface dive
Safe pool entry from a standing (big pool only) and sitting position
Demonstrate a floating position on front and back for 10 seconds without moving
Push off wall and glide on front and back then regain feet
Demonstrate rotary breathing – show head turning to the side to breathe
Rotate 360 degrees without touching the pool floor
Demonstrate a freestyle arm action with a board for 5 metres
Demonstrate a backstroke arm action with a board for 5 metres

In order to progress on to the next level a child must be able to perform the above tasks correctly and continuously when asked, to a good standard.

Swimmers will only be allowed to move into the main pool or past 1.3 metres when they have been assessed by a qualified coach who believes they are strong enough to swim out of their depth, regardless of what level they have achieved. This is purely for the safety of your child and will be at the discretion of the lead coach assessing at the time.

The above levels take place in the teaching pool. For levels ranging from 4 to 8 which take place in the main pool, please contact myself to discuss or arrange an assessment.