

Atlantis Sports and Leisure Centre
Application Form for Swimming Lessons All Levels

Date of application: _____

Adult with Baby/Toddler drop in session Adult with Child 3 years +

Group lessons for swimmers aged 5 years+

Adult private Lessons Child Private Lessons Rookie Life Guard

Name of Parent/Carer if applicable

Title _____ First name _____ Surname _____

Swimmers first name: _____ Surname _____

Male or Female: _____ Date of Birth: _____

Address: _____

Postcode: _____

Contact details:

(Day) _____ (Evening) _____

(Mobile) _____ Email _____

In the interests of safety does your swimmer have any medical conditions i.e. Asthma, Epilepsy, Hyperactivity, Diabetes or other not listed? Please state below and also include anything you think is beneficial for the teacher to know about your swimmer that will make their experience in the lesson better.

In order to place your child in the correct class, if applicable 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 313 or email rebecca.mackinnon@atlantisleisure.co.uk**

Please indicate in order of preference 1 best – 6 worst or NS - not suitable:

Monday Tuesday Wednesday Thursday Friday Saturday

Scottish Swimming - Learn To Swim Programme

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

Adult and Baby/Toddler classes are available for a child to gain confidence in a safe and fun environment with an adult they know and trust. The class is drop in and is part play and part coach lead. By attending these classes as often as you wish, you gain the knowledge of what to do when you take your young swimmer to the pool on their own.

Adult and Child classes: 3 years old plus - Level is Core Aquatics and the class is fully coach lead. We would encourage children to come to these classes first to gain water confidence before moving into the 5 years + class, as we feel they are then better prepared to join in a group lesson without an adult. Children who have attended an Adult and Child class will have an opportunity to join a group lesson from an earlier age if they demonstrate to their teacher that they would benefit from the move up.

Core Aquatics

Walking in water with water at shoulder level

Enter and exit pool safely without assistance.

Regain feet from a floating position with an aid on front and back.

Pick up objects from the bottom of the pool blowing bubbles in shallow and deep water.

Float on front and back without aids.

Bob up and down repeatedly, submerging body and blow bubbles through nose and mouth.

Roll 180 degrees from front to back then regain feet.

Using two feet push off the wall on back and front.

Attempt front crawl kick with aids face in the water blowing bubbles.

Attempt back crawl kick.

Level 2

Demonstrate a floating position on front and back for 10 seconds without moving

Safe pool entry from a sitting position.

Rotate 360 degrees without touching the pool floor- Log Roll

Demonstrate front and back crawl kick with a board 5 metres.

Demonstrate a freestyle arm action with a board for 5 metres.

Demonstrate a backstroke arm action with a board for 5 metres.

Level 3

Perform a surface dive.

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.

Demonstrate breaststroke type action kick over 5 metres.

Demonstrate front and back crawl without touching the bottom over 10 metres in small pool.

Confidently demonstrate the ability to swim the width across the big pool in front and back crawl.

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.