



# OBAN SWIM SCHOOL



## Application Form for Swimming Lessons All Levels

Date of application: \_\_\_\_\_

Adult with Baby/Toddler drop in session  Adult with Child Preschool   
Group lessons for swimmers aged 5 years+ No Adults

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](mailto: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 National Framework - 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 your own.

### **Pre-School and water confidence classes - small pool**

**Aim:** To become water confident and develop core aquatic skills (without adult assistance but with buoyancy aids as required)

Objectives:

Introduce complete non-swimmers to the aquatic environment and establish an understanding of safety in and around water

Develop and progress water confidence

Establish an understanding of basic core aquatic skills

Encourage independent movement

Develop skills through enjoyment, fun and self-discovery

### **Swim Skills 1 – small pool (previously Levels 1/2/3)**

**Aim:** To further develop water confidence and develop core aquatic skills without aids

Objectives: **National standard – Bronze**

Develop confidence and ability to perform a wide range of core aquatic skills without buoyancy aids

Develop the basic technique of the strokes

Introducing the basic technique of sculling

Develop balance and buoyancy through a variety of activities

### **Swim Skills 2 – Tanks 1, 2 & 3 of main pool (previously Levels 4/5)**

**Aim:** To increase the competency of the core aquatic skills and develop basic stroke technique

Objectives:

Introduce and progress new core aquatic skills

Develop stroke technique to include all four strokes

Introduction to diving (pool permitting)

Develop awareness and feel for the water through a variety of core aquatic skills

### **Swim Skills 3 –starts in tank 3, completes in early stage lengths (previously Levels 5/6)**

**Aim:** Introduce more advanced stroke technique and achieve Triple S standard

Objectives: **National standard - Silver**

Further develop competency in all four strokes

### **Achieve the Triple S award / Scotland's Safe Swimmer Award**

Development of diving

Further developing Butterfly and Breaststroke aiming to achieve legal technique

### **Swim Skills 4 – lengths (previously level 7)**

**Aim:** To improve the quality of stroke technique, introduce multi aquatic skills/disciplines and basic lifesaving skills

Objectives:

To demonstrate competent technique in all four strokes

Introduce lifesaving skills and basic aquatic discipline skills

To provide basic skills to enable progression in to all aquatic disciplines including life saving

### **Club Ready Swim – lengths and seamless pathway to club swimming (previously level 8)**

**Aim:** To improve and maintain stroke technique over distance and develop basic training and race skills producing a swimmer who is Club Ready

Objectives: **National standard - Gold**

Advance swimming stamina for all four strokes whilst maintaining technique

Improve efficiency in all four strokes

To develop turn technique for all four strokes Knowledge and understanding of club training practices

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**