

Swimming Lessons – Important Information For Customers

Leisure World Swim School is reopening on Monday 21 September

Leisure World are working within the Swim England and Government COVID guidelines. Therefore there have been a few adjustments to the swim lessons:

- There will be no teachers or teaching assistants in the water for Stage 1, 3 and Tadpoles but rest assured there will be 2 x teachers on poolside guiding and teaching them.
- Bring your own armbands.
- Teachers are not allowed to help with goggles/hats/armbands.
- Class sizes have been reduced
- Term Dates
Monday 21 September-Sunday 20 December (12 week term)
Half term – Monday 26 October – Sunday 1 November

Entry/Exit via the One Way System into LW and the Pools

Outside the entrance of LW there will be a sign post and queuing system solely for swimming lessons. A member of staff will guide you into the building. Please only arrive 5 minutes before the allocated lesson time. If you are 5 minutes late – entry will be refused.

Swimmers to arrive “beach ready”. They can enter the fitness/teaching pools 2 ways:

1. “beach ready” – enter via the viewing Spectator Door to the Fitness Pool. Do not go on poolside until a member of staff allows you to.
2. If they need to change enter the changing rooms and turn left - using the “pre swim change” section. To enter the pool for the start of their lesson they will enter via the Teaching Pool viewing area.

Entry to the Leisure Pool for duckling classes is through the Leisure Pool doors. Use “pre swim” and “post swim” changing rooms as sign posted. Exit through the Fire Exit doors.

A Swimmer is not permitted onto poolside until a member of staff allows them to.

They will then be guided to their stage using signage.

Spectators to sit in socially distanced seating in the viewing area of the Fitness Pool:

- Stage 1 & Tadpole: sit in small section of the fitness pool
- Stage 2+: sit in the main fitness pool area.

1 Spectator per swimmer if possible.

The Teaching Pool viewing area will be closed for viewing, as it will be used as the entry to lessons.

Parents are encouraged to drop and go for children 8 years old and above; and pick up 25 minutes later.

Once all swimmers have left – the next class will enter.

The Swimmer/Spectator will exit the building through the Teaching Pool - Fire Exit. Signage for this one way system will be clearly outlined with barriers between pools and the walk way.

Fitness Pool – layout change

The lessons which are normally taken width ways, have now changed to lengths, to allow for social distance.

- Stage 3, 3+, 5 will be at the shallow end – swimming along 10m to a platform
- Stage 4 will be in the pit
- Stage 6, 7, 8 or Swim Challenge will be in the deep end swimming 13m to the middle of the pool

Lessons may start at different times to the usual set up (eg 3.50pm instead of 4pm). Lessons will last 25mins when a whistle will be blown. The swimmers will exit onto their disc and walk back to the changing rooms, via the showers and use the “post swim change” section.

Leisure World – Swim School Programme Changes

Stage 7 and beyond...

A swimmer will be invited by their teacher to stage 8,9,10 or if preferred something different we have the following to offer....

Swim Challenge / Water Safety

We are including the Swim Challenge class as an alternative to Stage 8 and to replace Fit N Fun and Pre-Comp. Swim England Swimming Challenge Awards are for young people to work towards a Bronze, Silver, Gold and Honours Awards.

Also slotted into the class will be three Water Safety Awards - teaching water danger awareness, self-rescue techniques and vital survival skills in clothes (a pre-requisite to Rookie).

Rookie

Our popular Rookie Lifeguard's classes will continue on a Sunday (4.30-6.30pm) and additional classes have been added to the Swim programme on Saturday (12-1pm). The classes will be adjusted to allow for social distance.

Diving

Will change from a Saturday to a Sunday (4.30-6.30pm) and there will be 2 x 1 hour classes taught by our Level 2 Diving Coach. The classes will be adjusted to allow for social distance.

Frequent Q&A...(if you can't get answers from above)

My child is in a lower class and needs to move up?

The teacher will assess and ensure they are in the correct class. Because of COVID there are space restrictions so they may be in a lower class – but Teachers are able to teach a split level class and each child will be pushed to their ability.

My child is scared and needs a teacher in the pool?

Due to government and Swim England guidelines we are unable to get in the pool – which is why we have asked swimmers to bring their own armbands for beginners. There are 2 teachers in the critical/lower stages and the teachers have been trained to reassure and teach from poolside. If you feel they are going to be too scared – then you can always bring them back in January/Easter – as government guidelines change on social distancing.

My child is bored in the upper classes?

We are introducing new and exciting classes for the more able to swimmer: Swim Challenge/Diving/Rookie.