



# Dates

FOR YOUR DIARY

## January - December 2016

**Term 1 (12 weeks)**  
4th Jan - 26th Mar  
*Report & Enrolment Week*  
21st - 26th Mar (week 12)

**Term 2 (12 weeks)**  
4th Apr - 25th Jun  
*Report & Enrolment Week*  
20th - 25th Jun (week 12)

**Term 3 (12 weeks)**  
4th Jul - 24th Sept  
*Report & Enrolment Week*  
19th - 24th Sept (week 12)

**Term 4 (12 weeks)**  
3rd Oct - 24th Dec  
*Report & Enrolment Week*  
19th - 24th Dec (week 12)

## Intensive Swim Starz Lessons 2016

**Easter**  
29th Mar - 1st Apr  
4th Apr - 8th Apr

**Summer**  
1st Aug - 5th Aug  
8th Aug - 12th Aug  
15th Aug - 19th Aug  
22nd Aug - 26th Aug

We ask parents and guardians to allow our teachers to conduct lessons uninterrupted. Queries about lesson content or individual progress should be raised with the receptionist in the first instance. The receptionist will endeavour to assist with your queries or pass them on to the Swimming Development Manager who will do her utmost to contact you before your next lesson.

Reception 01748 831030  
Catterick Leisure Centre  
Gough Road, Catterick Garrison  
North Yorkshire DL9 3EL  
[www.catterickleisurecentre.com](http://www.catterickleisurecentre.com)



# Swimming Lessons

PARENT INFORMATION



Jan 2016

**Catterick**  
LEISURE CENTRE

 **Nuffield Health**  
FOR THE LOVE OF LIFE

This centre is managed on behalf of the MoD by Nuffield Health.



## Swim Starz

### PARENT INFORMATION

Our swimming year is divided into four, twelve week terms, including school holidays but excluding Bank Holidays.

A Direct Debit facility is available to help you spread the cost into manageable monthly payments.

- **Assessments:** Please speak to our reception team to book a swim assessment with one of our Swim Starz Teachers. The teacher will identify the most suitable stage for your child (based on age/ability).
- **Application:** Once we have identified an appropriate stage for your child our reception team will check class availability and help you enrol on to the Swim Starz programme. You will be asked to complete an application form which will be held on record at the centre.
- **Enrolments:** New swimmers can enrol onto the Swim Starz programme at any time during the term, with exception of the last two weeks of a term where this is reserved for existing customers only. Subject to class availability.
- **Waiting list:** If we are unable to offer a suitable class immediately you can place your child onto our waiting list and our reception team will contact you when spaces become available.
- **Reports:** Each swimmer will receive a report outlining individual progress which will be available for collection the last week of term.
- **Progression:** Swimmers who successfully complete the outcomes for a stage will be given an award slip by their teacher.
- **Awards:** Certificates, badges and swim hats can be purchased from reception.
- **Swim Hats:** Swimming hats must be worn at each swimming lesson. Replacement swimming hats can be purchased at reception.
- **Paying by Direct Debit:** Customers who pay by Direct Debit will be automatically enrolled onto the next term.
- **Paying on a Term by Term basis:** Existing swimmers paying for the term as single payment can enrol for the next term during the last two weeks of each term.

**Customers are reminded that places are limited and enrolments will be based on a first come first served basis.**



## Swim Starz

### TEACHING

- All our Swimming Teachers hold a current Amateur Swimming Association (ASA) qualification in Teaching Aquatics and follow the ASA guidelines for teaching swimming.
- Our teachers undertake on-going training and keep up to date with the latest techniques and teaching methods.
- The ASA recommends that pupils are prepared for all aquatics disciplines and must develop skills that will ultimately lead to competence in lifesaving, water safety, synchronised swimming, water polo as well as the traditional swimming stroke technique.
- Stroke techniques are not included in the early NPTS stages and teachers will concentrate primarily on developing water confidence and the fundamental aquatic skills including; entries, independent movement, balance, buoyancy and co-ordination.
- Teachers will use a variety of delivery methods including peer learning, guided discovery and learning through play. Our teachers will occasionally teach from within the pool to demonstrate techniques and offer support.

**Note:** Progression in swimming can seem slow. Offering your child additional practice opportunities between lessons will help your child progress.

