

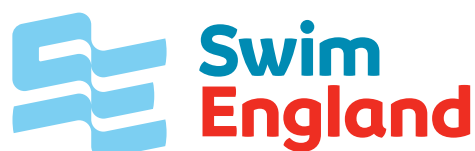
# Learn to Swim

## Newsletter

August 2024



Welcome to Learn to swim news, we will keep you up to date on all things happening within our Learn to Swim programme.



### Direct Debit Information

For any failed Direct Debits, we reserve the right to restrict access to lessons until payment has been made. Under these circumstances, we will not guarantee the same space on the existing lesson.

You will be informed via phone or email of a missed payment.

Failure to make payment after being notified will result in your child being removed. It's your responsibility to ensure details are up to date.

We thank you for your assistance and cooperation.

As part of our ongoing work with Swim England, we are now starting to embark on implementing the recommendations on the pool layouts across the centres. The changes we will be making have been designed with the Learn to Swim outcomes in mind. The pool layouts (space allocated to each lesson) will be created to ensure that the space available is sufficient for the outcomes and in-keeping with best practice guidelines. The pool layouts will differ slightly at each centre to reflect the size of the pool area.

Some of the recommendations around the pool layouts are:

- Stage 3 moving into the main pool
- Stage 5 will concentrate on swimming 10 metres to master all swimming strokes

Further details on the new pool layouts will be displayed in centres soon.

In addition, we would like children to participate in activities during their lessons without goggles, we believe that children will benefit from being able to have their faces in the water without goggles so they wouldn't panic in an unexpected situation. If there are any reasons why you would not like your child to remove their goggles, please contact their swim teacher.



[zest-leisure.co.uk](https://zest-leisure.co.uk)

# Is your child a competent swimmer?

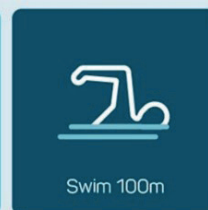
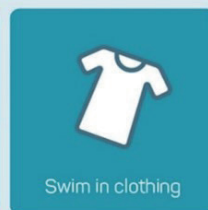
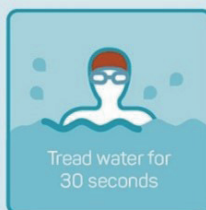
We recommend that children stay in swimming lessons until they have completed Learn to Swim Stages 1-7, so that they will have achieved all four of the minimum requirements for water proficiency set out by Swim England.

## The four competencies are:

- Perform a star float for at least 60 seconds
- Tread water for at least 30 seconds
- Have experience of swimming in clothing
- Swim at least 100 metres with ease and without stopping

## Swimming competency checklist

Can your child:



Don't stop their swimming lessons until these **minimum standards** are achieved.



## Swim teacher training day

A training day for our Learn to Swim swimming teachers was held recently at Thirsk and Sowerby Leisure Centre, delivered by tutors from Institute of Swimming. Upskilling 31 swim teachers ending with a pool session to share ideas and games.



## Important Information

Parents of children under the age of 8 years old need to stay in the viewing area for swimming lessons, so that if your child needs to use the toilet you can take them and bring them back to the lesson. Thank you for your cooperation.



Bedale  
Leisure Centre  
(01677) 427272

Northallerton  
Leisure Centre  
(01609) 777070

Stokesley  
Leisure Centre  
(01642) 711140

Thirsk & Sowerby  
Leisure Centre  
(01845) 522447

