

# Adult Learn to Swim

## Newsletter

January 2024



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

### Changes to the Freedom Membership

Following an extensive review by the swimming governing body, Swim England, on our swimming provision, systems, schemes and processes, several areas for improvements were identified. These areas included increasing participation and access to our pools and the development of our junior and adult Learn to Swim lessons.

From the 01 February 2024 there will be changes made to our Adult Learn to Swim lessons at all of our Zest Leisure Centres, Bedale, Northallerton, Stokesley and Thirsk & Sowerby.

The adult group Learn to Swim lessons, currently included within the Adult Freedom membership will be removed from the 01 February 2024. Adult Learn to Swim lessons will be offered as an additional or stand-alone product only, for all customers.

We will honour all existing Adult Freedom members on the current Adult Learn to Swim lessons and those currently on the waiting list until 31st March 2024.

The option for a 13-week payment plan, which has been the preference for the majority of our swimmers will remain in place for all customers, whilst we look at the possibility of introducing an Adult Learn to Swim monthly Direct Debit.

There is an opportunity to enhance the current provision for Adult Learn to Swim lessons. The Adult Learn to Swim lessons will be introducing the Swim England Adult Learn to Swim Framework which aims to help all adults reach their swimming goals. In some of our Centres this has been partially implemented but the intention is to fully embed the Swim England lesson structure.

This will help swim teachers create an opportunity to develop consistent and effective lesson plans and have a better understanding of numbers and abilities attending each week, therefore teachers will be able to adapt the lesson to suit the needs of all participants. This will also improve development and progression which will provide a more viable route to enhance accessibility for future customers.

For further information on the Learn to Swim Adult Framework visit [www.zest-leisure.co.uk/adults](http://www.zest-leisure.co.uk/adults)

### Adult Swimmer Consultation form

This form will be introduced this year and aims to highlight areas of the participant's health that may inhibit their ability to perform certain strokes. The consultation form will also act as a screening process to highlight any concerns and help set goals for the swimmer, the teacher can discuss the content of the form with the new participant and prepare suitable practices with any health issues in mind. The consultation form will be revisited periodically, as the medical conditions and goals of the learner can change as they go through their swimming journey.

### Home Portal

This is an online tool allowing you to check the progress of your swimming lessons at home or on the go. Available on any pc, laptop tablet or smartphone. Please contact reception for more details.

### Exit Routes

Following the achievements of customer goals, swimmers should try and introduce themselves to a range of different pool activities to help lifelong participation which would include General Swimming, Lane Swimming, Family swims and Aquafit.

For further information on your next steps visit [www.zest-leisure.co.uk/swim](http://www.zest-leisure.co.uk/swim)

 Find us on Facebook

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