



CLICKIMIN LEARN TO SWIM COURSES

Monday 15 April - 28 June 2024



Monday	15 April - 24 June
	Time
Preschool (3.5-5yrs)	1530-1600
Swim Skills 1A	1600-1630
Swim Skills 1A	1630-1700
Swim Skills 1B	1630-1700
Swim Skills 2	1700-1730
Individual Lesson	1700-1730

Tuesday	16 April - 25 June
	Time
Preschool (3.5-5yrs)	1530-1600
Individual Lesson	1530-1600
Swim Skills 1A	1600-1630
Individual Lesson	1600-1630
Swim Skills 3	1630-1700
Individual Lesson	1630-1700
Swim Skills 4	1700-1730

Wednesday	17 April - 26 June
	Time
Adult & Toddler	1100-1130
Adult & Baby	1145-1215
Adult & Child	1230-1300
Swim Skills 3	1530-1600
Swim Skills 3	1530-1600
Swim Skills 2	1600-1630
Swim Skills 2	1600-1630
Preschool (3.5-5yrs)	1630-1700
Swim Skills 1A	1630-1700
Swim Skills 1B	1700-1730
Individual Lesson	1700-1730

Thursday	18 April - 27 June
	Time
Preschool (3.5-5yrs)	1530-1600
Swim Skills 1A	1530-1600
Swim Skills 1B	1600-1630
Swim Skills 2	1600-1630
Swim Skills 3	1630-1700
Swim Skills 4	1630-1700

Friday	19 April - 28 June
	Time
Individual Lesson	1530-1600
Preschool (3.5-5yrs)	1530-1600
Swim Skills 1A	1600-1630
Swim Skills 1A	1600-1630
Swim Skills 1B	1630-1700
Swim Skills 2	1630-1700
Rookie Lifeguards	1700-1730
Club Ready	1700-1730

11 week course block price: £53.35
Individual Lesson: £20.10

Online Bookings are to be made using your child's SRT account. Please e-mail mail@srt.org.uk for your child's online booking login details.

 All courses are non-refundable.

Adult and Baby (0-12 months)

Aims: To introduce the adult and baby to a swimming environment and develop the confidence and skills of the adult to ensure the safe and effective handling of the baby in the water.

Adult and Toddler (12-24 months)

Aims: To encourage independent movement, develop the water confidence and core aquatic skills of the toddler through structured play.

Adult and Child (2-3 years old)

Aims: To further develop the core aquatic skills through structured play and develop the independence necessary for the next level.

Preschool (3.5-5 years old)

To become water confident and develop core aquatic skills (without adult assistance but with buoyancy aids and a swimming teacher in the pool).

Aims:

- Enter and exit pool safely
- Aquatic breathing with full submersion
- Flotation/streamlining on front and back with/without buoyancy aid
- Travel 5 metres on front and back
- Jump in without assistance

Swim Skills 1A/B

To further develop water confidence and develop core aquatic skills without buoyancy aids.

Aims:

- Develop push and glides
- Swim 5-10 metres of front/back crawl
- Introduce rotations
- Introduce sculling
- Floating shapes without buoyancy aids

Swim Skills 2

To increase the competency of the core aquatic skills and develop basic strokes.

Aims:

- Swim 15 metres of front/back crawl
- Introduce breaststroke leg kick
- Scull 10 metres
- Introduce surface dives

Swim Skills 3

To introduce more advanced stroke technique and achieve Triple S standards.

Aims:

- Introduce somersaults
- Swim 25 metres of front/back crawl
- Further develop breaststroke
- Introduce butterfly
- Introduce treading water
- Scull for 10 metres

Swim Skills 4

To improve quality of stroke technique, introduce multi aquatic skills and disciplines.

Aims:

- Swim 50 metres of front/back crawl and breaststroke.
- Swim 15 metres of Butterfly
- Learn to dive and straddle jump
- Tread water for 45 seconds

Club Ready

To improve and maintain stroke technique over distance, develop basic training and race skills producing a swimmer who is 'Club Ready'.

Aims:

- Swim 100 metres of front/back crawl and breaststroke
- Swim 25 metres of butterfly
- Attempt 100 metre medley
- Understand lane discipline and use of a timing clock

Individual Lesson

These lessons are designed to supplement group swimming lessons and are a great way to build water confidence or develop specific skills and techniques that might not be so easily achieved in a group lesson setting.