

New Framework

Encouraging your child to learn to swim from a young age is one of the most important life skills you can give them and if they enjoy the water from a young age they will do so for the rest of their lives.

The new Scottish Swimming Framework is designed to teach children through fun, playing games and other activities in the pool that will help them learn core swimming skills such as breathing, submerging and moving in the water. Swimming strokes will be introduced gradually once your child has learned the basic core water skills and techniques.

LEVEL	AIM
Pre-school	To become water confident and develop core aquatic skills (without adult assistance but with buoyancy aids as required). 3 - 4 years
Swim Skills 1	To further develop water confidence and develop core aquatic skills with buoyancy aids. 4 years +
Swim Skills 2	To increase the competency of the core aquatic skills and develop basic stroke technique.
Swim Skills 3	Introduce more advanced stroke technique and achieve 'Triple S' standard
Swim Skills 4	To improve the quality of stroke technique, introduce multi aquatic skills / disciplines and basic lifesaving skills
Club Ready	To improve and maintain stroke technique over distance and develop basic training and race skills producing a swimmer who is 'Club Ready'
Rookie Lifeguard	Learn lifesaving skills and techniques both in the water and on-land. These classes are aimed at swimmers in Swim Skills 4 and above.

Shetland Recreational Trust
is part funded by

 Shetland
Charitable Trust

Learn to swim @ the SCALLOWAY POOL

Junior SWIMMING COURSES

August - October 2018



**Learn
to Swim**
Scottish Swimming

Telephone: Scalloway Pool - 01595 807716
Book online at www.srt.org.uk



shetland recreational trust
Scottish Charity SC002179

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	Time	Start Date	End Date	Price
MONDAY				
Pre-school Please contact pool to book in these classes	12.00-12.30	20 Aug	8 Oct	£30.00
	12.30-13.00	20 Aug	8 Oct	£30.00
	14.00-14.30	20 Aug	8 Oct	£30.00
	14.30-15.00	20 Aug	8 Oct	£30.00
Swim Skills 1b	15.30-16.00	20 Aug	8 Oct	£30.00
Swim Skills 3	15.30-16.00	20 Aug	8 Oct	£30.00
Swim Skills 1a	16.00-16.30	20 Aug	8 Oct	£30.00
Swim Skills 3	16.00-16.30	20 Aug	8 Oct	£30.00
Swim Skills 1b	16.30-17.00	20 Aug	8 Oct	£30.00
Swim Skills 3	16.30-17.00	20 Aug	8 Oct	£30.00
Swim Skills 1b	17.00-17.30	20 Aug	8 Oct	£30.00
Swim Skills 2	17.00-17.30	20 Aug	8 Oct	£30.00
Swim Skills 4	17.30-18.00	20 Aug	8 Oct	£30.00
Rookie Lifeguard	17.30-18.15	20 Aug	8 Oct	£30.00
TUESDAY				
Pre-school Please contact pool to book in	12.00-12.30	21 Aug	9 Oct	£30.00
	12.30-13.00	21 Aug	9 Oct	£30.00
Swim Skills 2	15.30-16.00	21 Aug	9 Oct	£30.00
Swim Skills 3	15.30-16.00	21 Aug	9 Oct	£30.00
Swim Skills 1b	16.00-16.30	21 Aug	9 Oct	£30.00
Swim Skills 2	16.00-16.30	21 Aug	9 Oct	£30.00
Swim Skills 1b	16.30-17.00	21 Aug	9 Oct	£30.00
Swim Skills 3	16.30-17.00	21 Aug	9 Oct	£30.00
Swim Skills 1a	17.00-17.30	21 Aug	9 Oct	£30.00
Swim Skills 1b	17.00-17.30	21 Aug	9 Oct	£30.00
Swim Skills 1a	17.30-18.00	21 Aug	9 Oct	£30.00
Swim Skills 4	17.30-18.15	21 Aug	9 Oct	£30.00

	Time	Start Date	End Date	Price
WEDNESDAY				
Pre-school Please contact pool to book in these classes	14.00-14.30	22 Aug	10 Oct	£30.00
	14.30-15.00	22 Aug	10 Oct	£30.00
	15.00-15.30	22 Aug	10 Oct	£30.00
Swim Skills 1b	15.30-16.00	22 Aug	10 Oct	£30.00
Swim Skills 2	15.30-16.00	22 Aug	10 Oct	£30.00
Swim Skills 1a	16.00-16.30	22 Aug	10 Oct	£30.00
Swim Skills 4	16.00-16.30	22 Aug	10 Oct	£30.00
Swim Skills 1b	16.30-17.00	22 Aug	10 Oct	£30.00
Swim Skills 3	16.30-17.00	22 Aug	10 Oct	£30.00
Swim Skills 2	17.00-17.30	22 Aug	10 Oct	£30.00
THURSDAY				
Pre-school Please contact pool to book in these classes	14.00-14.30	23 Aug	11 Oct	£30.00
	14.30-15.00	23 Aug	11 Oct	£30.00
Swim Skills 1b	16.00-16.30	23 Aug	11 Oct	£30.00
Swim Skills 2	16.00-16.30	23 Aug	11 Oct	£30.00
Swim Skills 1b	16.30-17.00	23 Aug	11 Oct	£30.00
Swim Skills 4	16.30-17.00	23 Aug	11 Oct	£30.00
Swim Skills 1a	17.00-17.30	23 Aug	11 Oct	£30.00
Swim Skills 2	17.00-17.30	23 Aug	11 Oct	£30.00
Swim Skills 1b	17.30-18.00	23 Aug	11 Oct	£30.00
Swim Skills 3	17.30-18.00	23 Aug	11 Oct	£30.00
FRIDAY				
Pre-school Please contact pool to book	12.00-12.30	24 Aug	12 Oct	£30.00
	12.30-13.00	24 Aug	12 Oct	£30.00
Club Ready	16.15-17.00	24 Aug	12 Oct	£30.00

Please note that some of the classes advertised may now be fully booked when it comes to booking in to a class. If this is the case please contact the Scalloway Pool and staff will be on hand to assist.