

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.

Learn to swim @ the **Scalloway Pool**

Junior

SWIMMING COURSES

January - March 2018

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'

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.



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				
Swim Skills 1a	11.30-12.00	8 Jan	26 Mar	£43.20
Pre-school Please contact pool to book in these classes	12.00-12.30	8 Jan	26 Mar	£43.20
	12.30-13.00	8 Jan	26 Mar	£43.20
	14.00-14.30	8 Jan	26 Mar	£43.20
	14.30-15.00	8 Jan	26 Mar	£43.20
	15.30-16.00	8 Jan	26 Mar	£43.20
Swim Skills 1b	15.30-16.00	8 Jan	26 Mar	£43.20
Swim Skills 3	15.30-16.00	8 Jan	26 Mar	£43.20
Swim Skills 1a	16.00-16.30	8 Jan	26 Mar	£43.20
Swim Skills 1b	16.00-16.30	8 Jan	26 Mar	£43.20
Swim Skills 3	16.00-16.30	8 Jan	26 Mar	£43.20
Swim Skills 1a	16.30-17.00	8 Jan	26 Mar	£43.20
Swim Skills 1b	16.30-17.00	8 Jan	26 Mar	£43.20
Swim Skills 2	17.00-17.30	8 Jan	26 Mar	£43.20
Swim Skills 3	17.00-17.30	8 Jan	26 Mar	£43.20
Swim Skills 4	17.30-18.00	8 Jan	26 Mar	£43.20
TUESDAY				
Pre-school	12.00-12.30	9 Jan	27 Mar	£43.20
Please contact pool to book in these classes	12.30-13.00	9 Jan	27 Mar	£43.20
	15.30-16.00	9 Jan	27 Mar	£43.20
Swim Skills 2	15.30-16.00	9 Jan	27 Mar	£43.20
Swim Skills 3	15.30-16.00	9 Jan	27 Mar	£43.20
Swim Skills 1b	16.00-16.30	9 Jan	27 Mar	£43.20
Swim Skills 2	16.00-16.30	9 Jan	27 Mar	£43.20
Swim Skills 1b	16.30-17.00	9 Jan	27 Mar	£43.20
Swim Skills 3	16.30-17.00	9 Jan	27 Mar	£43.20
Swim Skills 1a	17.00-17.30	9 Jan	27 Mar	£43.20
Swim Skills 1b	17.00-17.30	9 Jan	27 Mar	£43.20
Swim Skills 4	17.30-18.00	9 Jan	27 Mar	£43.20

	Time	Start Date	End Date	Price
WEDNESDAY				
Pre-school	14.00-14.30	10 Jan	28 Mar	£43.20
Please contact pool to book in these classes	14.30-15.00	10 Jan	28 Mar	£43.20
	15.00-15.30	10 Jan	28 Mar	£43.20
	15.30-16.00	10 Jan	28 Mar	£43.20
Swim Skills 2	15.30-16.00	10 Jan	28 Mar	£43.20
Swim Skills 3	15.30-16.00	10 Jan	28 Mar	£43.20
Swim Skills 1a	16.00-16.30	10 Jan	28 Mar	£43.20
Swim Skills 1b	16.00-16.30	10 Jan	28 Mar	£43.20
Swim Skills 2	16.30-17.00	10 Jan	28 Mar	£43.20
Swim Skills 4	16.30-17.00	10 Jan	28 Mar	£43.20
Swim Skills 2	17.00-17.30	10 Jan	28 Mar	£43.20
Swim Skills 3	17.00-17.30	10 Jan	28 Mar	£43.20
THURSDAY				
Pre-school	14.00-14.30	11 Jan	29 Mar	£43.20
Please contact pool to	14.30-15.00	11 Jan	29 Mar	£43.20
	16.00-16.30	11 Jan	29 Mar	£43.20
Swim Skills 1b	16.00-16.30	11 Jan	29 Mar	£43.20
Swim Skills 3	16.00-16.30	11 Jan	29 Mar	£43.20
Swim Skills 1b	16.30-17.00	11 Jan	29 Mar	£43.20
Swim Skills 4	16.30-17.00	11 Jan	29 Mar	£43.20
Swim Skills 1a	17.00-17.30	11 Jan	29 Mar	£43.20
Swim Skills 2	17.00-17.30	11 Jan	29 Mar	£43.20
Swim Skills 1b	17.30-18.00	11 Jan	29 Mar	£43.20
FRIDAY				
Pre-school	12.00-12.30	12 Jan	30 Mar	£43.20
Please contact pool to	12.30-13.00	12 Jan	30 Mar	£43.20
	16.15-17.00	12 Jan	30 Mar	£43.20