



CLICKIMIN LEARN TO SWIM COURSES

22nd August - 7th October 2022



MONDAY (22 AUGUST - 3 OCTOBER)

Preschool (3.5-5yrs)	1530-1600
Swim Skills 1a	1600-1630
Swim Skills 1a	1600-1630
Swim Skills 1b	1630-1700
Swim Skills 1b	1630-1700
Swim Skills 2	1700-1730

TUESDAY (23 AUGUST - 4 OCTOBER)

Swim Skills 1a	1600-1630
Preschool (3.5-5yrs)	1600-1630
Swim Skills 1a	1630-1700
Swim Skills 4	1630-1700
Swim Skills 1a	1700-1730

WEDNESDAY (EARLY YEARS) (24 AUGUST - 5 OCTOBER)

Adult & Toddler (12-24 months)	1100-1130
Adult & Baby (0-12 months)	1145-1215
Adult & Child (24-42 months)	1230-1300

WEDNESDAY (24 AUGUST - 5 OCTOBER)

Swim Skills 3	1530-1600
Swim Skills 2	1600-1630
Preschool (3.5-5yrs)	1630-1700
Swim Skills 1b	1630-1700
Swim Skills 1a	1700-1730
Swim Skills 1a	1700-1730

THURSDAY (25 AUGUST - 6 OCTOBER)

Preschool (3.5-5yrs)	1530-1600
Swim Skills 1a	1530-1600
Swim Skills 1b	1600-1630
Swim Skills 1a	1600-1630
Swim Skills 3	1630-1700
Swim Skills 4	1630-1700

FRIDAY (26 AUGUST - 7 OCTOBER)

Swim Skills 1b	1530-1600
Swim Skills 2	1600-1630
Swim Skills 3	1630-1700
Club Ready Swim	1700-1730

7 week course block price: £30.10

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 log-in 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 will 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