



Learn to Swim

Join Our Swimming Lessons – Stay Active for Life

We follow Swim England’s framework and utilise the Royal Life Saving Society’s programmes to deliver the highest standard of swimming lessons. We offer lessons for all age ranges and abilities, for all members of the community - from beginners to advanced, child or adult, and also have excellent links to exercise groups and clubs. Class sizes for the early stages are restricted to 6 swimmers to ensure pupils receive the right level of attention, and an assistant remains in the water. We aim to promote water safety and encourage everyone to stay active for life.

Days/Times of the Week

Lesson Type	Days	Times
Stages 1-7 (Children)	Weekdays	3:45pm - 6:45pm
	Saturdays	8:30am - 11:00am
Rookie Lifeguard (Children)	Tuesdays	4:45pm - 5:45pm
Survive and Save (12 years +)	Thursdays	6:00pm - 7:15pm
Adults	Varies as groups form	

Term Dates

Weekly lessons run in accordance with the Oxfordshire County Council [school term dates and holidays](#).

Term	Dates*
Autumn Term 1	Mon 10 Sep - Sat 20 Oct 2018
Autumn Term 2	Mon 29 Oct - Sat 15 Dec 2018
Spring Term 1	Mon 07 Jan - Sat 16 Feb 2019
Spring Term 2	Mon 25 Feb - Sat 06 Apr 2019
Summer Term 1	Tue 23 Apr - Sat 25 May 2019
Summer Term 2	Mon 03 Jun - Sat 13 Jul 2019

* Lessons do not run on bank holidays

** Intensives and additional one-to-one lessons run during all half terms/holidays

Cost

Swimming Lessons	Price (Per Session)	Block Booking
Children stages 1-7, half hour group sessions	£7.00	Paid termly
Children stages 8, 9, 10, survive & save, rookie lifeguard, 1 hour group sessions. Learner manual fees may apply	£9.50	Paid termly
Sibling / staff discount (1 sibling remains full price)	15% off	Paid termly
One-to-one (adult or child), half hour	£20.00	£90 for 5
One-to-two (adult or child), half hour	£30.00	£130 for 5
Certificates & badges	£3.00	Not applicable

Currently, swimming lessons are available to swimmers aged 4 and above. ‘Duckling’ sessions, designed to help toddlers enjoy learning to swim with help from their parents or guardians, will be introduced soon. Please register your interest with us via swimmingpool@bloxhamschool.com.



Location

- Cars may park in the main school carpark, the bursary or safe spaces on nearby roads. Parking is free!
- The pool must be accessed via foot from its High Street entrance. We're situated opposite the Post office, with a short gravel driveway adjacent to the traffic lights.
 - o Visitors *must not park in this gravel driveway leading to the pool*, which is reserved for residents of adjoining houses. No parking here for visiting cars also promotes safety for visitors and pedestrians.
- Once parked (at the main carpark, bursary, or nearby roads), you must make a short walk down the High Street pavement until you meet the traffic lights. From here, you can walk up the pool's gravel driveway.
- You can find our main carpark at OX15 4PE. The bursary can be accessed via Courtington Lane (opposite)

Pool Hall and Equipment

- Our pool gradually slopes from 0.75 metres (excellent for beginners) to 1.8 metres.
- We use noodles, kickboards and kick buoys as floatation aids and encourage swimmers to experience their own buoyancy as much as possible. We try to teach pupils without the aid of armbands.
- Lane ropes are used to promote safety and aid organisation.
- Fully-glassed wall with adjoining lawn provides excellent surroundings. Parents/guardians may sit on poolside.
- Swimmers and parents/guardians enter via the changing rooms

How to Book

- Let us know your age and swimming ability. If you are a complete beginner, stage 1 is for you.
- If you have some swimming experience, let us know whether you have previously attended lessons and the level. Alternatively, you can compare yourself with the 'learn to swim' stages listed at the end of this document, and let us know which stage you have completed and would feel comfortable in.
- Complete a booking form
- Make payment once your place has been confirmed (see 'how to pay' below)

We are more than happy to provide advice. If your initial swimming group does not suit your ability, we are more than happy to propose alternative stages - if lower or higher stages are more suitable.

Our swimming lesson timetable is expanding. If the days and times do not suit you, please let us know and we will aim to form a new class on a preferred day and time.

How to Pay

- Termly basis. Payment is made for the duration of the term ahead
- Payment must be made at least 1 week ahead of the first lesson, unless otherwise agreed with pool management.
- Payment is preferred via electronic transfer
- Any missed lessons due to illness will be honoured with a doctor's note. The price for the following term will be amended accordingly.

We email in advance of the following term to remind swimmers of term dates and to make payment



Compare Swimmers With the Early 'Learn to Swim' Stages

Learn to Swim Stage 1

By the end of this Award, with or without floatation equipment or support, you will be able to:

1. Enter the water safely.
2. Move forward for a distance of 5 metres, feet may be on or off the floor.
3. Move backwards for a distance of 5 metres, feet may be on or off the floor.
4. Move sideways for a distance of 5 metres, feet may be on or off the floor.
5. Scoop the water and wash the face.
6. Be comfortable with water showered from overhead.
7. Move from a flat floating position on the back and return to standing.
8. Move from a flat floating position on the front and return to standing.
9. Push and glide in a flat position on the front from a wall.
10. Push and glide in a flat position on the back from a wall.
11. Give examples of two pool rules.
12. Exit the water safely.

Learn to Swim Stage 2

By completing this Award, with or without floatation equipment or support, you will be able to:

1. Jump in from poolside safely to a minimum depth of 1.0 metre.
2. Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged.
3. Move from a flat floating position on the back and return to standing without support.
4. Move from a flat floating position on the front and return to standing without support.
5. Push from a wall and glide on the back - arms can be by the side or above the head.
6. Push from a wall and glide on the front with arms extended.
7. Travel using a recognised leg action with feet off the pool floor on the back for 5 metres, without the use of floatation equipment.
8. Travel using a recognised leg action with feet off the pool floor on the front for 5 metres, without the use of floatation equipment.
9. Perform a tuck to rotate from a flat floating position on the front, to a back floating position, then return to standing.
10. Perform a tuck to rotate from a flat floating position on the back, to a front floating position, then return to standing.
11. Perform a log roll from the back to the front.
12. Perform a log roll from the front to the back.
13. Exit the water without support.

Learn to Swim Stage 3

By completing this Award, without floatation equipment or support, you will be able to:

1. Jump in from poolside and submerge to a minimum depth of 1.0 metre.
2. Sink, push away from wall and maintain a streamlined position.
3. Push and glide on the front with arms extended and log roll onto the back.
4. Push and glide on the back with arms extended and log roll onto the front.
5. Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back.
6. Fully submerge to pick up an object.
7. Answer correctly three questions on the Water Safety Code.
8. Push and glide and travel 10 metres on the back.
9. Push and glide and travel 10 metres on the front.
10. Perform a tuck float and hold for three seconds.
11. Exit the water without using steps.