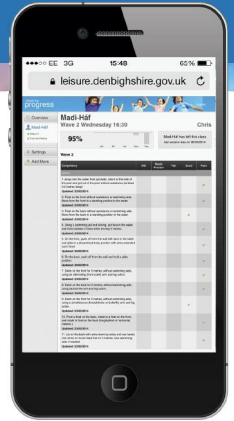


Swimming Lessons



Access your child's swimming lesson progress online with the Denbighshire Leisure Parent Portal.

To access the Parent Portal, please visit www.denbighshireleisure.co.uk and follow the simple steps.



Denbighshire Leisure is the County's leading provider of swimming lessons for children and adults. The Denbighshire Leisure Swim Scheme offers swimming lessons for all ages and abilities from our five swimming pools countywide.

For those wanting to start swimming, we offer learn to swim classes for all age groups from age 4 months through to adults.

www.denbighshireleisure.co.uk

Our Swim Scheme aims to develop all aspects of children's confidence in the water, by offering swimming lessons which can be paid for by monthly Direct Debit or in blocks of 12 weeks.

The scheme starts with Aqua Babies for children aged 4 months to 3 years accompanied in the water. Swimmers then move onto our Splash awards before offering another 7 waves of teaching and various exit routes into aquatic activities. The Denbighshire Leisure Swim Scheme closely follows the Welsh Learn to Swim Scheme.

Our scheme offers the following benefits:

- Children are able to join the scheme at any time, providing there is space in the appropriate class.
- All Public Swimming sessions are free to Swim Scheme members (age restrictions apply).
- You / your child will remain continuously in swimming lessons when you pay by Direct Debit.
- Customers will also receive a Leisure Card Membership, which entitles you to up to 30% off other Centre activities.

Our Instructors

The Denbighshire Swim Scheme is delivered by professionally qualified, highly trained and motivated instructors who are passionate about teaching swimming. Many of our instructors are bilingual and can deliver lessons either in Welsh or English. All our instructors have an enhanced DBS Certificate.

Parent Portal Assessment

- Children are continuously assessed in the lessons by their teacher and the results recorded on iPods.
- At the earliest opportunity, after each lesson your child's progress is updated on the system and made available for parents to view via a web based Parent Portal.
- As children are being continuously assessed, it means that once your child has achieved 100% against the class competencies, they can be moved up to the next class providing there is a space available.
- Certificates can be purchased from reception for each milestone your child achieves.
- Further information regarding Parent Portal can be accessed on our website.

How to Enrol

Children can join the Swim Scheme at any point from the age of 4 months. They will either be booked onto the lessons immediately or may need an assessment. If there are no spaces available, your child will be able to join our waiting list and we will contact you immediately a space becomes available.

Payment

Payment by Direct Debit will be requested on the 1st or 15th of each month. If you wish to pay for lessons in cash, you will need to pay in advance, for a 12 week block of lessons. For further information please ask at Reception.

Information for parents

- Please inform staff of any health problems at the time of enrolment
- Regular visits to the pool to practice in between lessons will help you / your child to gain the most from swimming lessons
- All necessary swimming aids will be provided by the teacher.
- Not all classes are available at every Centre.
- Please ensure your child is ready to start at the designated time enabling them to get the most from their lesson and to avoid disruption to the class.
- Parents wishing to help their children change may do so. Please use the changing rooms – changing in the spectator area or on poolside is not allowed. Accompanied children up to the age of 8 may change in the opposite gender changing room.
- Parents are not permitted to enter opposite gender changing rooms.
- Please use the lockers provided, and do not leave clothing or other items in the cubicles or on the poolside.
- All children should wear correct swim wear (i.e. swimming costume or trunks). Shorts should not be worn as these could hinder your child's performance.
- All children with long hair should wear a swimming cap or ensure that it is securely tied back.
- Children should remove watches and items of jewellery (if possible).
- Please ensure your child uses the toilet before the lesson and showers before entering the pool area.
- Children must not enter the water until instructed to do so.

The Denbighshire Leisure Swim Scheme follows the Welsh Learn to Swim Framework, which is the recommended programme for the delivery of learn to swim lessons in Wales. The scheme incorporates all of the recognised fundamental movement and aquatic skills, all four strokes, personal survival and water safety. A summary of our swimming lessons include:

Aqua babies

Baby swimming lessons accompanied by the parent which develops confidence, includes lots of fun along with invaluable teaching techniques for both

Splash 30 minutes

- Develop basic movement skills, water confidence and safety awareness.

Wave 1 30 minutes

- Develop confidence in the water
- Be safe while in the water, and when getting in and out of the pool
- Learn basic floating, sculling and breathing techniques
- Start to front crawl, backstroke and either breaststroke or butterfly, with aids if needed

Wave 2 30 minutes

- Be able to jump into the pool
- Improve sculling, floating and breathing techniques
- Glide in the streamline position
- Swim short distances of front crawl, backstroke and either breaststroke or butterfly, without aids

Wave 3 30 minutes

- Retrieve an object from the pool floor
- Improve sculling and floating
- Learn how to tread water
- Learn the Water Safety Code
- Swim short distances of all four strokes without aids

Wave 4 30 minutes

- Learn how to perform underwater dolphin kick
- Learn the HELP position
- Improve floating and treading water techniques
- Improve the technique of all four strokes

Wave 5 30 minutes

- Learn different shaped jumps
- Learn how to perform a forward somersault and a handstand in the water
- Improve sculling and personal survival techniques
- Swim further distances in all four strokes, including a 25m swim of your favourite stroke

Wave 6 45 minutes

- Learn how to warm-up properly for exercise and why
- Learn how to perform a backward somersault, headfirst surface dive and a sitting dive
- Improve personal survival techniques, including swimming with clothes on
- Swim further distances in all four strokes and improving technique

Wave 7 45 minutes

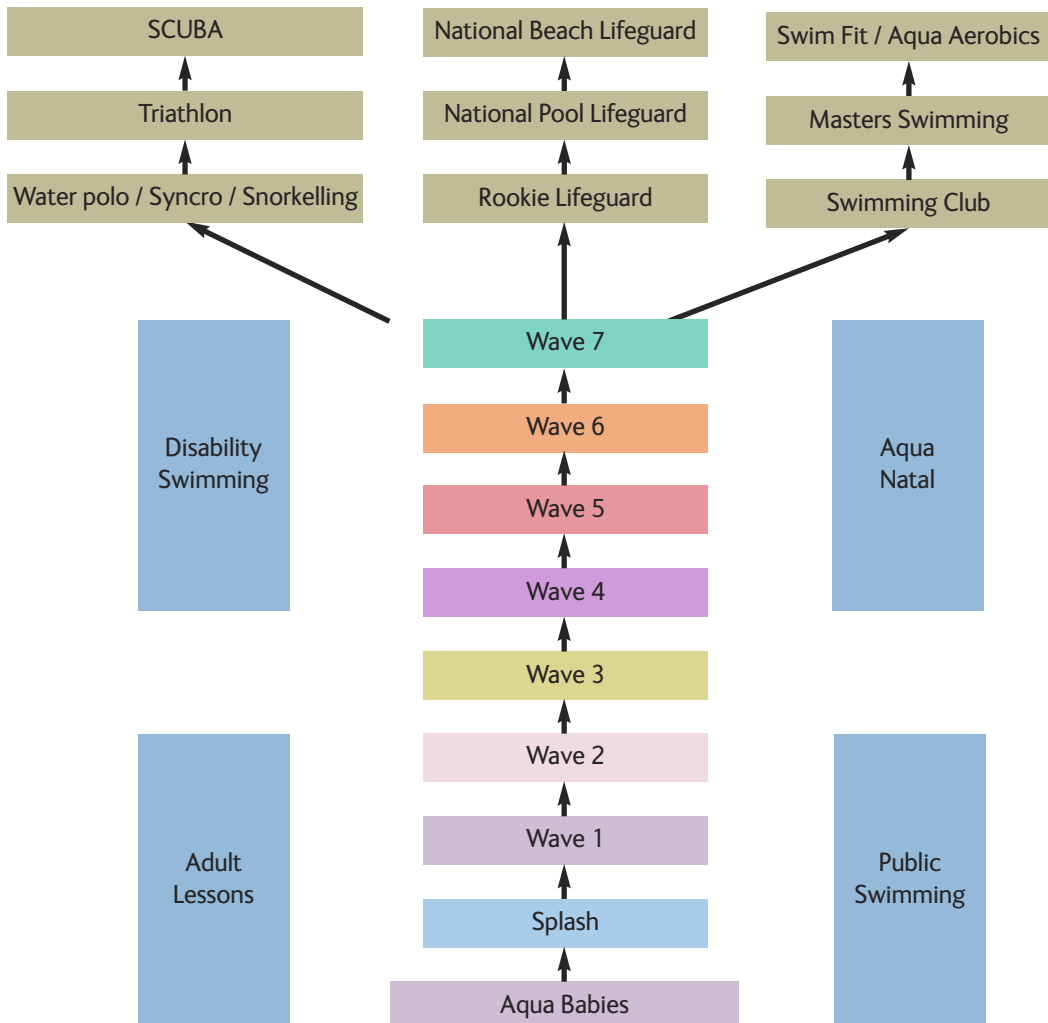
- Learn how to plunge dive
- Improve sculling, floating, treading water and rotation skills
- Swim further distances in all four strokes including an individual medley swim

Rookie Lifeguard 30 minutes

- The Rookie Lifeguard programme is aimed primarily at children from eight years old and above. The course, which has been designed by water safety specialists at RLSS UK, is designed to ensure that every child in the country has essential water skills to keep themselves safe and knowledge of what to do in an emergency.

The programme features swimming and lifesaving skills supported by water safety education, allowing participants to enjoy swimming as an activity and, vitally, to protect their lives should an accident occur in or out of the water.

Denbighshire Leisure Aquatic Pathway



Young People with a Disability

The Denbighshire Swim Scheme encourages integration of all swimming. There are smaller stepping-stones for swimmers who are not yet ready for Wave 1 and who may have additional requirements in order to progress into Wave 1. Extra support lessons are available for young people with a disability if required. We also have dedicated Disability Swimming Lessons at all five pools.

School Holiday Free Swimming Programme

This initiative provides opportunities for young people under the age of 16 to participate in free swimming during all school holidays and includes activities such as swimming lessons, family swimming and disability swimming. For further information regarding the Free Swimming Scheme please contact your local Leisure Centre.

Adult Lessons

If you have a fear of the water or have just never learnt to swim, or if you have had a break from swimming and are wondering whether to return, then it is easy to think swimming is not for you but it's never too late to learn. Our pools offer adult classes in a friendly and supportive environment. Please contact us for information on swimming lessons for all ages.

Parent and Toddler Sessions

All of our Leisure Centres offer sessions for you to introduce your child into the swimming pool. Please see our swimming pool timetable for these designated sessions or contact your local Leisure Centre.

Intensive Swimming Lessons

During the school holidays we offer a continuous course of intensive swimming lessons. These are a great way for swimmers to fast track their route to learning those essential skills required, to progress through the Denbighshire Leisure Swim Scheme.

National Pool Lifeguard

Denbighshire Leisure regularly delivers courses leading to the Royal Lifesaving Society (RLSS) National Pool Lifeguard Qualification (NPLQ). The NPLQ is the most widely accepted lifeguard qualification in the UK and is widely recognised as the professional benchmark for swimming pool rescue. Denbighshire swimming pools are Approved Training Centres, and undergo regular quality assurance verifications to ensure that all aspects of training and equipment reach the required standard. All courses are delivered by fully qualified RLSS Trainers/Assessors. If you are interested in becoming a pool lifeguard, please contact one of our centres.

National Beach Lifeguard

If you are interested in becoming a beach lifeguard, we run a course that you can attend to gain the National Beach Lifeguard Qualification (NBLQ). There may be seasonal job opportunities available after completion of this course. For further information please contact one of our centres.

Swimming Clubs

Denbighshire has 4 swimming clubs which operate out of our swimming pools. For further information on Denbighshire Swimming Clubs please visit the website addresses below.

www.corwensharks.co.uk

www.denbighdragons.co.uk

www.rhyldolphins.co.uk

www.ruthinrays.com

Corwen Leisure Centre	01490 412600
Denbigh Leisure Centre	01824 712664
NOVA Prestatyn	01824 712323
Rhyl Leisure Centre	01745 352900
Ruthin Leisure Centre	01824 712665

Email: leisure.bookings@denbighshire.gov.uk

Website: www.denbighshireleisure.co.uk

Terms and Conditions

- Customers must be a member of the Denbighshire Leisure Swim Scheme to enrol in swimming lessons.
- Cash courses must be paid for in full and in advance of the first lesson.
- Lessons paid for by cash must be topped up before the start of the final paid for session. Failure to do so will result in your place in the lessons being lost.
- Direct Debit members will be required to make an initial pro-rata payment and then their scheduled monthly Direct Debit.
- Any defaulted / cancelled Direct Debit mandates must be rectified before the next scheduled lesson or the place will be lost.
- Lessons are non-refundable unless a doctor's note is produced to cover the absence period.
- In this case membership of the scheme will be suspended. In these circumstances places are not guaranteed on resumption but priority will be given to these applicants.
- Lessons are not transferrable from one person to another.
- The management reserve the right to alter the time of a course when necessary.
- The lesson programme is a continuous programme, with a two week break at Christmas plus any Bank Holidays.
- For cash members - in the event that a lesson has to be cancelled due to unforeseen circumstances, your lesson will be automatically credited in the system.
- Direct Debit prices include provision for the Christmas closure, scheduled Bank Holidays and any unforeseen closures. Therefore no further credit will be given. If a missed session can reasonably be re-scheduled, the Council will inform you of the alternative date.
- In the event of a closure / cancellation every attempt will be made to contact our customers as soon as possible. Please ensure that your contact information is always up to date. In the event that lessons are cancelled by Denbighshire Leisure for reasons beyond our control, a credit will be applied to the following Direct Debit payment.
- The Council will attempt to ensure that the same Instructor will be used in each lesson within the course. However, relief instructors may be used without prior notification.
- Lesson time will contain a five minute registration / administration period. The remainder of the time will be actual teaching time.
- Swimming ability and speed of progression will vary depending upon the swimmer. All class levels are defined by the Swim Wales criteria and will be assessed against these criteria.
- Please make sure that we have up to date records of your child's medical conditions.
- It is the parents / guardians responsibility to ensure that their child is fit and well enough to participate in the lessons.
- The use of camera, video photography or mobile phones is strictly prohibited at all times within the Leisure Centre.

- Queries regarding the lesson programme or an individual's swimming progress should be directed through the Leisure Centre Reception, which will then be passed on to the Lesson Co-ordinator who will respond directly to the customer. If you have email access why not try out the Parent Portal, where you can check on-line on your child's progress. Please do not distract teachers during class time.
- Waiting lists are maintained in date order, and are checked against vacancies on a regular basis
- Pupils who are ready to move to the next class will be automatically flagged on the system, and every attempt made to find them a space. This is not however guaranteed, and in such circumstances the child will stay in their current lesson until such a time as a space becomes available.
- The Council reserves the right to cancel a course and refuse to re-book a swimmer onto a course if the swimmer/parent displays unacceptable or inappropriate behaviour, including failure to comply with these terms and conditions.
- If a swimmer or the parent of a swimmer has chosen the wrong course for the ability of a swimmer and an alternative class is offered and not accepted a refund will not be given.
- All information regarding swimmers will be held on computer under the Data Protection Act.
- All Swimming Teachers and Leisure Attendants have undergone enhanced DBS disclosure checks.
- Parents / Guardians must remain on the premises whilst their child is in their lesson.
- Valuables are left in the changing room areas at the owner's risk, as lockers are provided for public use.
- The Parent Portal will be updated at the earliest opportunity after your child's lesson.



Swimming lessons

Further information

For swimmers

- It's best not to eat just before your swimming lesson
- Always use the toilet before your lesson starts
- We encourage all swimmers to wear a swimming hat and goggles
- Please put all your clothes and belongings into a locker, so someone else can use the changing cubicle. It will also keep your things safe!
- Remove jewellery to prevent injury

For parents

- We can provide lessons bilingually, please contact reception for more information
- Spectators should remain in the spectator area
- For hygiene reasons, please remove your outdoor shoes before going onto the poolside
- If you have any other children with you, please supervise them at all times
- No hot drinks and food on poolside

Our instructors have i-pods, which they use to update your child's progress. They cannot use them for any other apps or functions.

Please check the Parent Portal to view progress of your child/children. Not every criteria within a Wave will be visited each lesson and a teacher may concentrate on just two or three criteria during one session.

If you have a query, before, during or after the lesson, please contact Reception. If they are unable to help they will pass your question to the instructor and/or our swimming coordinator.

To encourage your children to progress, those enrolled on our Learn to Swim programme can swim for FREE at any public session.

Certificates are available upon the successful completion of each Wave. Distance badges are also undertaken periodically.

