

# Swim School Prospectus



# Harpers Swim School

Harpers Swim School works in partnership with The Amateur Swimming Association (ASA) using the New ASA National Plan for Teaching Swimming to ensure we deliver the highest standard of swimming excellence. Swim School offers you a comprehensive range of lessons from your baby's first experience in the pool through to competitive swimming, lifesaving skills and adult lessons.

## About the plan

The new ASA National Plan for Teaching Swimming has not only the most up-to-date syllabus, it also offers clearly defined progression stages that are easily understood. Within the disciplines we can accommodate many different abilities enabling pupils to progress quickly. The emphasis is on teaching correct technique over short distances providing the foundations for sound swimming and pupil progress.

## Courses

Our courses run on a rolling programme throughout the year to ensure continuous improvement for all pupils. Courses are booked in prepaid blocks according to the number of weeks in the term and lessons on average are 30min long. 1:1 lessons are held at a time to suit both teacher and pupil progression.

## Our Policy

It's our policy to ensure that all our lessons are enjoyable, interesting and above all aim for the highest standards of water confidence, water skills and swimming techniques. The majority of lessons are conducted over short distances allowing each pupil to benefit from continuous assessment throughout the course.

## Our teachers

All our swimming teachers are ASA qualified and attend regular training courses as part of continued professional development keeping them up-to-date with the latest thinking in learning to swim. Our swimming teachers are carefully selected for their teaching ability, knowledge and experience and can with confidence deputise for each other when necessary.

## ASA National Swim Awards

Badges and certificates are available for each stage of the National Teaching Plan completed. Distance awards are also available and are based predominantly on The National Plan for Teaching Swimming however other ASA skills based awards are available.

## Swim School Scholarship

Each term the teachers and the head of Swim School decide who should be awarded the Swim School scholarship. This entitles the chosen pupil to free swimming lessons for the forthcoming term. All pupils are eligible.

## Benefits of joining Swim School

- Individual reports every term. Easy to track your child's performance.
- Small teaching groups.
- Distance award nights.
- Swim School newsletter, with all the latest news and offers.

## Additional courses

Please ask for further information.

Adult lessons.

1:1 lessons.

Stroke improvement.

Rookie Lifeguard.

RLSS Bronze Medallion.

ASA Bronze, Silver and Gold.

Challenge Awards.

Synchronised Swimming.

Mini Polo.

Flip 'n' Fun.



# ASA New National Plan for Teaching Swimming

## ASA Adult and Child

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Primarily water confidence skills accompanied by parent or carer leading to basic travelling techniques.

ASA Duckling Awards 1-5

We recommend that all children complete their initial immunisation programme before using swimming pools.

## Pre-requisite for Stage 1

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New to swimming lessons or non-water confident.

## Pre-requisite for Stage 2

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Move forwards for a distance of 5 metres.

Move backwards for a distance of 5 metres.

Move sideways for a distance of 5 metres.

Scoop the water and wash face.

Be at ease with water showered from overhead.

Move into a stretched floating position using aids, equipment or support.

Regain an upright position from on the back, with support.

Regain an upright position from on the front, with support.

Push and glide in a horizontal position to or from a wall.

## Pre-requisite for Stage 3

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Confident in the water.

Travel on the back for 5 metres.

Travel on the front for 5 metres.

## Pre-requisite for Stage 4

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Push and glide on the front with arms extended and log roll onto the back.

Push and glide on the back with arms extended and log roll onto the front.

Travel 10 metres on the back.

Travel 10 metres on the front.

## Pre-requisite for Stage 5

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Kick 10 metres Backstroke.

Kick 10 metres Front Crawl.

Kick 10 metres Butterfly on the front or back.

Kick 10 metres Breaststroke on the back.

Kick 10 metres Breaststroke on the front.

## Pre-requisite for Stage 6

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Perform a horizontal stationary scull on the back.

Perform a feet first sculling action for 5 metres whilst horizontal on the back.

Perform a sculling sequence with a partner for 30 – 45 seconds to include a rotation.

Tread water for 30 seconds.

Swim 10 metres Backstroke.

Swim 10 metres Front Crawl face in the water.

Swim 10 metres Breaststroke.

Swim 10 metres Butterfly.

Perform a forwards somersault, tucked, in the water.

## Pre-requisite for Stage 7

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Sink, push off on side from the wall, glide, kick and rotate into Backstroke.

Sink, push off on side from the wall, glide, kick and rotate into Front Crawl.

Swim 10 metres with clothes on.

Swim Front Crawl to include at least six rhythmical breaths.

Swim Breaststroke to include at least six rhythmical breaths.

Swim Butterfly to include at least three rhythmical breaths.

Swim 25 metres, choice of stroke is optional.

Perform a surface dive.

# ASA National Plan for Teaching Swimming

## Stage 8, 9 & 10 Competitive Swimming:

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- Pre-requisite Stage 7 or if not undertaken ASA awards must have competent swimming abilities, (Swim all four strokes and deep water confident).
- Developing stroke technique and introducing candidates to training techniques to develop stamina.
- Introducing participants to an experience associated more with a swimming club.
- Starts, turns and strokes will be assessed against the ASA Expected Standards.



## Application form

Using the descriptions overleaf please indicate which class you wish to enrol on to.

- Stage 1
- Stage 2
- Stage 3
- Stage 4
- Stage 5
- Stage 6
- Stage 7
- Stage 8
- Stage 9
- Stage 10
- 1:1 lessons
- Adult lessons
- Adult and child

NB not all centres offer all courses please ask at your centre.

Name of participant and membership number (if applicable):

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Date of Birth:

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Today's Date:

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Name of Parent / Guardian:

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### Westminster Lodge Leisure Centre

Holywell Hill, St Albans,  
Herts AL1 2DL

**01727 846031**

westminster.lodge@harpersfitness.co.uk

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[www.stalbans.gov.uk](http://www.stalbans.gov.uk)

[www.leisureinstalbans.co.uk](http://www.leisureinstalbans.co.uk)



**St Albans**  
City & District Council

Provided by St Albans City & District Council.  
Managed in partnership with Leisure Connection Ltd.

Address:

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Postcode:

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Phone Number:

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Mobile Number:

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Email Address:

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Medical History (e.g. Asthma):

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### Townsend School

High Oaks,  
St Albans AL3 6DR

**01582 460683**

harpendenpool@harpersfitness.co.uk

### Harpenden

### Swimming Pool

Rothamsted Park,  
Harpenden, Herts AL5 2HU

**01582 460683**

harpendenpool@harpersfitness.co.uk



**harpers**  
swim school