

# KAL Swim

Swim Academy



**New KAL  
Swim  
Academy  
Lessons**

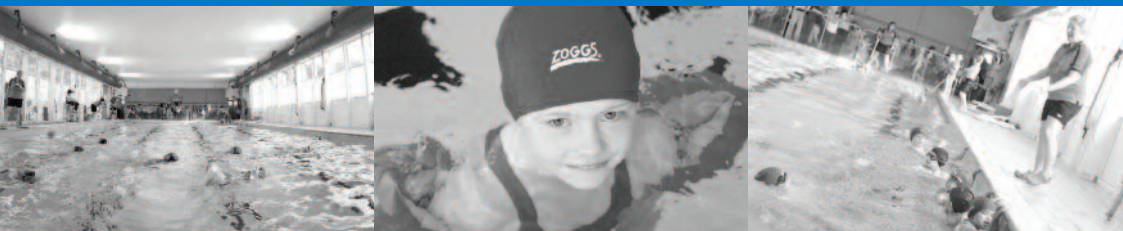
## Swim lessons for children

A programme of swimming lessons  
led by instructors for the under 16



KAL Swim

# KAL Swim Academy



Kirklees Active Leisure is the leading provider of swimming lessons for children in Kirklees through the KAL SWIM Academy. We offer swimming lessons for all ages and abilities across all our nine centres in Kirklees. The KAL SWIM Academy is supported by The ASA National Plan for Teaching Swimming (NPTS),

The new NPTS framework encourages children to learn to swim in a fun environment. The use of fun activities to deliver learning outcomes is proven to be the most effective way for children to learn and all activities will have a purpose behind them.

Your child's journey from the first splash to potential Olympic champion will be enhanced with the new programme by developing confidence and competence in the water. The pathway of the NPTS starts with the Foundation level, moving through the movement skill Stages 1-7 and culminating in the sport skill Stage 8-10.

## Foundation Courses Ducklings 0 – 5 Year olds

The swimmer's journey starts with Foundation, a programme for developing early years water confidence, encouraged through our duckling sessions. Emphasis is on the development of very basic motor skills and an introduction to water and the swimming environment through fun and games.

The ASA Ducklings Awards provide the appropriate rewards for this section followed by stages 1 to 3 of the NPTS.

## Stages 1 – 7

These are the 'Core' Stages, where FUNDamental movement skills are learnt such as buoyancy, coordination, gliding etc. which form the basis of all swimming strokes. Once the swimmer has developed the core range of skills required to be confident, competent and safe in the water through stages 1-7, he or she can then take part in different aquatic disciplines through stages 8-10. When moving up groups your child will be rewarded with a certificate and colour coordinated swim hat as part of the fee.

## Stages 8-10

These are the Sport Specific Stages, where Sports specific skills are learnt. These stages are split into individual aquatic disciplines such as Waterpolo, Synchronised Swimming, Diving and Lifesaving, personal survival and Bronze, Silver, Gold & Honours Challenge

## Young People with a Disability

The KAL Swim Academy encourages integration of all swimming. There are smaller stepping-stones for swimmers who are not yet ready for Stage 1 of the NPTS and who may have "additional needs" requirements in order to progress into Stage 1. The Awards range specific to this section is the 'ASA Alpha Awards'. Extra support lessons are available for young people with a disability if required.

## Our Instructors

The KAL Swim Academy programme is delivered by professionally qualified, highly trained and motivated instructors who are passionate about teaching swimming. All our instructors have an enhanced CRB Certificate.

All stages are completed on a continuous assessment basis and swimmers move into the next stage once they have achieved all outcomes.

## 1 to 1 Swimming Lessons

1 to 1 swimming lessons are a more intense swimming lesson on a one pupil to instructor ratio. 1 to 1 Lessons are tailored to suit the needs of the swimmer, if you feel you need a push start, have a particular skill to overcome or just think you would be more comfortable in a one on one situation; then 1 to 1 swimming lessons are for you. 1 to 1 Swimming lessons run during public swimming sessions at various times throughout the week to fit in with your lifestyle. If you would like to attend 1 to 1 swimming lessons, please talk to your local centre.

### Stage 1

Beginner

The swimmer will develop basic movement skills, water confidence and safety awareness. Swimmers will be able to use aids e.g. arm bands and floats to help complete this stage.

### Stage 2

Beginner

Swimmers will develop safe entries to the water and will continue to practice floating, travel and rotation in the water. Swimmers can use aids e.g. arm bands and floats to help complete this stage.

### Stage 3

Grade 1

Swimmers will work towards being able to swim 10m on their front and back and will be able to swim underwater to collect objects from the bottom of the pool. Rotation skills and water safety knowledge will also be developed.

### Stage 4

Grade 2

Swimmers will focus on refining kicking technique for all four strokes and develop a better understanding of buoyancy.

### Stage 5

Grade 3

Swimmers will focus on swimming all four strokes to the ASA expected standards. Swimmers will also develop skills in sculling, treading water and complete rotation.

### Stage 6

Grade 4

Swimmers will focus on developing effective swimming skills including coordinated breathing, water safety and an understanding of how to prepare for exercise.

### Stage 7

Grade 5

Swimmers will develop quality stroke technique whilst swimming up to 100m.

### How to Enrol

You can join the Academy at any point from the age of 4 months, just complete an enquiry form at your local site, over the telephone or on line at [www.kirkleesactive.co.uk](http://www.kirkleesactive.co.uk), you will either be booked onto the lessons immediately or you may need an assessment. Alternatively you will be able to join our waiting list and will be contacted immediately a space becomes available.

### Payment

Payment is by Direct Debit on the 15th of each month\* Junior memberships are included when you pay by DD for your Swim lessons your child will receive a FREE 12 month junior membership and a FREE KAL Card. For further information about these products ask at reception or visit [www.kirkleesactive.co.uk](http://www.kirkleesactive.co.uk).

### Information for parents

- All pupils in swimming lessons need to wear a swimming hat.
- Swim wear- Ensure your child wearing correct swim wear (i.e. swimming costume or trunks). Shorts should

not be worn as these could hinder your child's performance.

- Hygiene – 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.
- Parents wishing to help their children change may do so, however only accompanied children under 8 are allowed to change in the opposite gender dressing room. Changing in the spectator area or on the poolside is not allowed.
- All swimming aids which are necessary will be provided by the teacher.
- Regular visits to the pool to practice in between lessons will help your child to gain the most from the course.
- Health and medication- Please inform staff of any health problems such as asthma and diabetes at the time of enrolment. Any medication required during the lesson should be made available on the poolside.
- Remove items of jewellery, watches, etc. (if possible). Please use the lockers provided, and do not leave clothing etc. in the cubicles or on the poolside.

**landscape ad**

For more information  
contact 01484 414932  
[www.kirkleesactive.co.uk](http://www.kirkleesactive.co.uk)

  
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