

Frequently Asked Questions

What is the Kirklees Active Leisure Swim Academy?

- KAL Swim Academy is replacing our learn to swim scheme. The Swim Academy is supported by ASA National Plan for Teaching Swimming. (NPTS)

What is the ASA?

- The ASA stands for Amateur Swimming Association who is the National Governing Body in England for Swimming.

What is the ASA National Plan for Teaching Swimming?

- It is the 'National syllabus' used for delivering swimming lessons produced by the Amateur Swimming Association (ASA).
- It is a single pathway for Swimmers to learn how to be competent and confident in the water.
- It is a 'multi skill' programme for swimmers to learn how to swim and be proficient (competent) in water for them to then make the choice to continue to participate in other aquatic sports later on... such as competitive swimming, diving, waterpolo, synchronised swimming and lifesaving.

Why change?

- To improve the quality of swimming lessons offered by Kirklees Active Leisure. The Amateur Swimming Association have recently updated the syllabus of the National Plan for swimming, Kirklees Active Leisure Swim Academy is making changes in order to meet the new requirements.
- 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 in meeting the desired outcomes.

What Awards or Stages are included in the ASA National Plan for Teaching Swimming?

- DUCKLINGS 0-3 / DUCKLINGS 3+: Which include the Duckling Awards, and the Alpha Awards?
- STAGE 1 TO 7: Are the 'Core' Stages, where FUNdamental movement skills are learnt such as buoyancy, coordination, gliding etc. which form the basis of all swimming strokes.
- STAGES 8 TO 10: Are the Sport Specific Stages, where Sports specific skills are learnt and these stages are split into individual aquatic disciplines such as Waterpolo, Synchronised Swimming, Diving and Lifesaving. Personal survival and Bronze, Silver, Gold & Honours Challenge

WHEN does a Swimmer Achieve an Award?

- The Swimmer must achieve all outcomes for that 'Stage' at a standard (required and described) by the Amateur Swimming Association (ASA)
- Once the award has been achieved the swimmer does not have to wait until the course is completed to move up, they will be able to move to the next stage the following lesson.

WHEN does a Swimmer move into the next Group?

- As soon as a swimmer has achieved all outcomes a space will be allocated in to the next level. We do not guarantee the same day, time or instructor.

WHY might Swimmers be playing Games instead of swimming widths/lengths?

- Skills can be learnt more easily through the use of games.
- The NPTS aims to create a FUN learning environment.
- Learning is enhanced (and confidence is gained) when the participants are having FUN.

What happens after a Swimmer has completed ALL Stages of the NPTS? (I.e. achieved Stage 10)

- The KAL Swimfit Academy caters for swimmers who have completed stage 10, where your child can continue to achieve further skills, abilities and awards.
- There may also be 'Clubs' which hire the pool e.g. Lifesaving, Swimming, Waterpolo, and Synchronised Swimming etc. Ask at Reception for more information check the Kirklees Active Leisure website and notice boards at your local site.

What are the long-term benefits of the National Plan for Teaching Swimming?

- The NPTS aims to create a FUN learning environment
- Learning is enhanced (and confidence is gained) when the participants are having FUN
- It is a 'multi skill' programme for swimmers to learn how to swim and be proficient (competent) in water for them to then make the choice to continue to participate in other aquatic sports later on such as competitive swimming, diving, water polo, synchronised swimming and lifesaving.
- All the building blocks of the skills are achieved and then the child is equipped to transfer these skills into the range of aquatic sports on offer and to be confident enough to enjoy all these sports.

How long will it take for my child to pass each stage?

- There are several factors to take into account in order to answer this question:
- The ability of the child before starting the course.
- The speed at which they learn and ability to perform the outcomes.
- The number of measurable outcomes in each stage differs, and so some may be quicker than others to achieve.
- Attending every session is a major factor, as is the opportunity to practice between lessons.

Is there any literature I can read on the NPTS?

- We will be distributing information on week 4 of the current course. Including a parents letter, notice boards at sites, and at www.Kirklessactive.co.uk There will also be a help desk available on week 9, this is an opportunity for parents, guardians or students to speak to the aquatics manager regarding any enquiries.
- There is also available a specifically designed NPTS Parents Guide available; this will guide you through your child's Journey through Aquatics' and will be available to purchase at reception.

Payment for lessons

The new KAL Swim Academy will go to direct debit, the payment will be taken monthly on the 15th of every month and mandates will be completed for direct debit before the new scheme commences.

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.Kirklessactive.co.uk.

T&Cs apply.