

PUBLIC SWIMMING TIMES

16+ LANE SWIMMING	Tuesday 7.30 - 9.00pm Thursday 8.00 - 9.00pm
GENERAL SWIMMING	Monday 7.30 - 9.00pm Friday 7.30 - 9.00pm Saturday 2.00 - 4.00pm Sunday 11.00 - 2.00pm

SCHOOL HOLIDAYS	Monday - Friday 12.00 - 4.00pm
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Swim School Conditions

1. The Management reserve the right to refuse admission to Beaufort Sports Centre
2. The use of all mobile phones and any other electronic device is strictly prohibited on poolside and in the changing areas
3. Courses must be paid for in full prior to the start of the course unless permission is received from the Sports Centre Manager
4. Courses are strictly non transferable
5. If a session is undersubscribed, management reserve the right to cancel the session. An alternative date will be offered if possible.
6. No refunds or credit notes will be issued for missed sessions, unless cancelled by Sport Centre management.
7. Children over 8 years of age must change in their individual changing room, and, if accompanied, by an adult of the same sex.

Tel: 01452 303256

Email: sport@beaufort.coop



Beaufort Sport

Part of **our** Co-operative Academies Trust

Beaufort Swim School



SWIMMING LESSON INFORMATION

TEACHING PLAN

Beaufort Sports Centre
Holmleigh Park
Tuffley
Gloucester
GL4 0RT
Tel: 01452 303256

Email: sport@beaufort.coop

Website : www.beaufortcs.coop

ASA National Plan for Teaching Swimming 'An All Inclusive Programme'

Club Activity

Active Lifestyle



A Brief Overview of Stages 1 - 7:

STAGE 1 - Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use aids, e.g. arm bands, floats etc.

STAGE 2 - Developing safe entries to the water, including jumping in, basic floating, travel and rotation unaided to regain upright positions. Swimmers may use aids, e.g. arm bands, floats etc.

STAGE 3 - Developing safe entries including submersion, travel up to 10 metres on the front and back, progress rotation skills and water safety knowledge.

STAGE 4 - Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, and swimming 10 metres to a given standard as directed by the ASA.

STAGE 5 - Developing 'watermanship' through sculling and treading water skills, and complete rotation, also performing all strokes to the given standard as directed by the ASA.

STAGE 6 - Developing effective swimming skills including coordinated breathing; developing the water safety aspects and understanding of preparation for exercise.

STAGE 7 - Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills accomplished throughout stages 1 - 7.

Once the Swimmer has developed the core range of skills required to be confident, competent and safe in water through Stages 1 - 7, the Swimmer may then have the choice to take part in different aquatic disciplines. **FUNDAMENTAL SPORT SKILLS, STAGES 8 - 10** of the National Plan for Teaching Swimming are available in competitive swimming, water polo, synchronised swimming, diving and rookie lifesaving. Dependent on each leisure facility, all or some of these opportunities may be available.

As a result of completing ALL the outcomes detailed within each Stage of the National Plan for Teaching Swimming, a set of awards are available, called the ASA 'National Plan Awards'.