

## **Welcome to your Swimming Lessons at Goldenstones Leisure Centre**

We offer high quality, professional, fun swimming lessons enabling all swimmers to learn and develop the core range of skills required to be confident, competent and safe in the water. Swimmers will undertake continual assessment against the criteria set out within the stages of the Swim England National Plan. Once a swimmer has demonstrated a satisfactory level of competency, on three separate occasions, in all elements of the criteria, they will be given a moving up card and given the opportunity to ring the bell if they wish. At this point it is recommended that you take the card to reception to progress to the next stage within the programme (this will be facilitated subject to the availability of suitable space). You can monitor your child's progress through our home portal, this is updated every 5 weeks. This is used as a way for you to see which outcomes your child is working towards and where you can help them when you come swimming as a family outside of their lesson time.

### **Our Teachers**

All our swimming teachers are qualified teachers of aquatics and have been trained in Safeguarding and Child Protection. Due to the nature of teaching swimming, it is necessary on occasions for there to be contact between teachers and swimmers to enable additional support in the water. We also offer opportunities for our older swimmers to help out in the learner pool either as part of their Duke of Edinburgh or training as a volunteer assistant as part of a leadership programme.

### **Arriving on Poolside and Swimwear**

All children are required to come on to poolside dressed ready for their swimming lesson, including their hat and goggles. Please ensure ALL children are wearing the appropriate swimwear to their lessons e.g. swimming costumes, boys trunks (ideally not board shorts as this can affect their kicking). Hair must be tied up and should be tucked into the hat. Children are welcome to come on to poolside no more than 5 minutes prior to the start of the lesson and could we ask that you take them to the toilet before the start of their lesson.

### **Change of personal details/email address**

It is your responsibility to inform the reception team if there are any changes to a swimmer's personal and/or contact details. It is extremely important that we have up to date relevant medical information, so this can be passed to your child's teacher and any cover teacher.

### **Behaviour**

Under no circumstances are mobile phones allowed in the changing area.

There is an expectation that children will treat each other and their teacher with respect, this includes the children keeping their hands to themselves throughout their lesson. The children are here to learn a life skill and the water can be a dangerous place, any disorderly or disruptive behaviour will be dealt with accordingly. This will begin with the child being asked to sit out on the wall by their teacher if their behaviour is deemed as dangerous to themselves or others in the group.

### **Information for parents/guardians**

This is a polite reminder that your children are your responsibility while they are using the leisure centre. Parents who have children under the age of 8 years old are required to

remain in the building at all times should your child need the toilet or any extra attention during the lesson.

We would also be very grateful for your support in helping your child Learn to Swim, any practising they can do outside of their lesson time will not only build their confidence but also help them progress quicker. There is a leaflet with tips to help at home included in your welcome back if you are unable to bring them to the pool.

Once your child is in the pool, please use the spectator area rather than staying in the changing rooms. Blocking access to the pool prevents staff being able to act quickly in an emergency when required.

Please use the lockers provided, any items left in cubicles will be moved to the nearest locker by a member of staff. Our Learn to Swim programme is very busy and we do not have the capacity in the changing rooms for cubicles to be reserved while children are showering.

Please also note outdoor footwear is not allowed on poolside, if you are asked to come onto poolside or wish to assist your child in the shower area on poolside, footwear must be removed.

### **Moving on from Learn to Swim**

If your child wishes to continue with their aquatic activities there are a number of options available to you either with us or Yeovil District Swimming Club. For more information please contact Ian at [ydsc.headcoachian@gmail.com](mailto:ydsc.headcoachian@gmail.com)

Please also read the terms and conditions enclosed. We hope you enjoy your Learn to Swim journey with us.

The Goldenstones Swim team

