

Swimming Lessons

Available Places

- FULL PAYMENT MUST BE MADE WHEN BOOKING. PLACES WILL NOT BE HELD.
- Places are offered in person on a first come, first served basis, with full payment.
- Please be aware that the day, time and level you require may not be available.
- Siblings or relations will not be given priority over other members of the public.
- Children must be 3 years old by the time lessons commence. Proof of age may be requested by centre staff at time of booking.

Further Guidelines

- Any monies paid are non-refundable – special dispensation may be made for certified illness.
- Children must shower and use the toilet before entering the water.
- Bullying in any form will not be accepted in accordance with Portarlington Leisure Centre's Child Protection Policy.
- Children who misbehave will be asked to leave the lesson. No concession will be forthcoming in these circumstances.
- Parents / guardians are asked not to distract instructors or swimmers during lesson times.
- Parents / guardians are not permitted on to the pool side during lessons.
- Anyone eating in the spectators area please dispose of your rubbish appropriately.
- Personal belongings are not to be left in changing cubicles for the duration of the lesson.

PLEASE USE THE COIN OPERATED LOCKERS PROVIDED TO SECURE YOUR BELONGINGS.

- No responsibility will be taken by Portarlington Leisure Centre, or its staff for lost, stolen, damaged or moved property.
- We ask all visitors to the leisure centre to be courteous and respectful to all. We ask our staff to do the same.
- Hats must be worn by all swimmers.



Childrens Swim Lessons

For Children Aged From 3Yrs+

Little Swimmers– Aged 3-4yrs

This level teaches your child new skills such as water confidence, how to move in water Introducing them to the being prone & supine in the water & helps develop their survival skills.

Level 1 –Aged 4+ or Passed Little Swimmers

This level is aimed at children who are water confident and to help develop their ability to swim with a board on their front & back across the pool .Floating techniques are also introduced in this level.

Level 2

This level is aimed at children who have passed Level 1, this level will further develop their ability to swim across the pool on their front & back focusing on leg kicking technique and introduce streamline position.

Level 3

This level is aimed at children who have passed Level 2, With Streamline position now becoming the main focus arm action is now introduced into Front crawl & Back crawl Stroke, Swimmers will be introduced to breathing on their Front Crawl Stroke. Push & Glide is also introduced.

Level 4

This level is aimed at children who have passed Level 3, Fitness is introduced into this level with children kicking for 18m with a board to emphasis good leg kick, Freestyle & Backstroke techniques are worked on to ensure children can complete full stroke without a board, with emphasis on breathing & technique. Breaststroke legs is introduced .Push & Glide is further developed.

Level 5

This level is aimed at children who have passed Level 4, we aim to develop swimming , stroke, stamina & confidence in deep water. Introducing breast stroke technique is a focus in this level, developing distance for each stroke is also a main objective. Diving is also introduced.



CHILDREN'S SWIMMING

LESSONS

Level 6

This level is aimed at children who have passed Level 5, & is aimed at swimmers with the ability to swim 18m (2Widths) on front & back, have good knowledge of all strokes & thread water for at least 1min.The aim of this level is to further develop stroke technique & distance. This Level prepares your child for Lane swimming and/or Rookie Lifesaving.



Level 7 (Lanes)

This level is aimed at children who have passed Level 6, This Level develops strength, speed, stamina & endurance over 25m+ swims. Tumble Turns & Butterfly Stroke are introduced.

Level 8 (Lanes)

This level is aimed at children who have passed Level 7, This Level develops strength, speed, stamina & endurance over 50m+ swim to prepare children for club swimming. All strokes are developed to club swimmers



Rookie Lifesaving – Aged 8-15 Yrs

Rookie Lifeguard is aimed at advance swimmers who can swim a minimum of 25m. The programme features swimming and lifesaving skills supported by water safety education, allowing participants to enjoy swimming as an activity and, vitally, to protect their lives should an accident occur in or out of the water. Rookie Lifeguards will work for bronze, silver and gold awards, with three awards at each level.

