



## September 2021 Swimming Lessons

### Please adhere to the following Covid-19 protocols

#### Entering and Exiting the club

- Masks/face coverings must be worn by anyone over the age of 12 when entering and exiting the club, in the reception area and in the changing rooms.
- When entering the club using either the steps or ramp we urge everyone to stay to their left.
- Inside the sliding doors there will be a sanitising station where we everyone to sanitise their hands.
- In the hallway we ask members to stay to their left when entering and exiting.

#### Reception – Check in and Entering the pool for swimming lessons

- We ask parents to bring their child/children into the club only a few minutes before their lesson is due to start. This is to ensure there is no crowding in the reception area.
- Children should come ready for their lesson with their swim suit already on and their hat and goggles already on their head. They should be wrapped in their swim rabe, poncho towel or dressing gown etc.
- At the end of their lesson each teacher will ensure your child has all of their belongings and the teacher will escort all children to the changing room doors.
- A member of staff will be on hand on week 1 to ensure all children know where to go and what class they are in and who their teacher is going to be.
- All children will enter the pool area through the door from the reception area.
- Due to the current restrictions in place only the parents of children in our water confidence class and level 1 class will be able to remain in the reception area while classes are taking place.

#### Changing Rooms

- The changing rooms will be available for use for the children to dry off and get dressed quickly after their lesson. We ask parents where possible if children can wrap up in their poncho towel, swim rope etc and exit the changing rooms as quickly as possible to ensure there is no overcrowding.
- Parents can enter the changing rooms if necessary to help change younger children but all parents must sanitise their hands before entering the changing rooms and also wear a face mask at all times in the changing rooms.
- The showers will be unavailable during swimming lessons times to ensure children exit the changing rooms as quickly as possible.
- Hairdryers and hand dryers will not be available in line with the Covid-19 guidelines.
- The changing rooms will checked and sanitised regularly.

### **Term 1 – Teacher Timetable**

Day	Time	Teacher 1 - Kamila	Teacher 2 - Mantas	Teacher 3 - Shauna
<b>Monday</b>	1	2.30-3.00	Star fish	2 - Ducklings
	2	3.00-3.30	2- Duckling	3-Goldfish
	3	3.35-4.05	3 - Goldfish	1 - Little Swimmers
	4	4.10-4.40	3-Goldfish	5 - Pirates
	5	4.45-5.15	4-Sealions	2 - Ducklings
	6	5.20-5.50	6- Dolphins	3 - Goldfish

Day	Time	Teacher 1 - Bernie	Teacher 2 - Bobby	Teacher 3 - Eanna
<b>Tuesday</b>	1	2.30-3.00	Star fish	2 - Ducklings
	2	3.00-3.30	2- Duckling	3-Goldfish
	3	3.35-4.05	3 - Goldfish	1 - Little Swimmers
	4	4.10-4.40	3-Goldfish	5 - Pirates
	5	4.45-5.15	4-Sealions	2 - Ducklings
	6	5.20-5.50	6- Dolphins	3 - Goldfish

Day	Time	Teacher 1 - Ann	Teacher 2 - Eanna	Teacher 3 - Mantas
<b>Wednesday</b>	1	2.30-3.00	Star fish	2 - Ducklings
	2	3.00-3.30	2- Duckling	3-Goldfish
	3	3.35-4.05	3 - Goldfish	1 - Little Swimmers
	4	4.10-4.40	3-Goldfish	5 - Pirates
	5	4.45-5.15	4-Sealions	2 - Ducklings
	6	5.20-5.50	6- Dolphins	3 - Goldfish

Day	Time	Teacher 1 - Ann	Teacher 2 - Shauna	Teacher 3 - Kamila
<b>Thursday</b>	1	2.30-3.00	Star fish	2 - Ducklings
	2	3.00-3.30	2- Duckling	3-Goldfish
	3	3.35-4.05	3 - Goldfish	1 - Little Swimmers
	4	4.10-4.40	3-Goldfish	5 - Pirates
	5	4.45-5.15	4-Sealions	2 - Ducklings
	6	5.20-5.50	6- Dolphins	3 - Goldfish

Day	Time	Teacher 1 - Bernie	Teacher 2 - Caitriona	Teacher – Bobby	
<b>Saturday</b>	1	9.30-10.00	Star fish	2 - Ducklings	
	2	10.00-10.35	2- Duckling	3-Goldfish	1 Little Swimmers
	3	10.40-11.10	3 - Goldfish	1 - Little Swimmers	4 -Sealions
	4	11.15 - 11.45	3-Goldfish	5 - Pirates	1 - Little Swimmers
	5	11.50-12.20	4-Sealions	2 - Ducklings	5- Pirates
	6	12.25-12.50	6- Dolphins	3 - Goldfish	2- Duckling

### Term 1 Dates

September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	1	2	3	4	5
6 Week 1	7 Week 1	8 Week 1	9 Week 1	10	11 Week 1	12
13 Week 2	14 Week 2	15 Week 2	16 Week 2	17	18 Week 2	19
20 Week 3	21 Week 3	22 Week 3	23 Week 3	24	25 Week 3	26
27 Week 4	28 Week 4	29 Week 4	30 Week 4			

October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2 Week 4	3
4 Week 5	5 Week 5	6 Week 5	7 Week 5	8	9 Week 5	10
11 Week 6	12 Week 6	13 Week 6	14 Week 6	15	16 Week 6	17
18 Week 7	19 Week 7	20 Week 7	21 Week 7	22	23 Week 7	24
25 Mid term	26 Mid term	27 Mid term	28 Mid term	29	30 Mid term	31

November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Week 8	2 Week 8	3 Week 8	4 Week 8	5	6 Week 8	7
8 Week 9	9 Week 9	10 Week 9	11 Week 9	12	13 Week 9	14
15 Week 10	16 Week 10	17 Week 10	18 Week 10	19	20 Week 10	21
22	23	24	25	26	27	28
29	30	28	29	29	30	31
4	5					

**Term 1: Starts the week of Monday 6<sup>th</sup> September and finishes the week of Monday 15<sup>th</sup> November. Week 8 – Monday 1<sup>st</sup> November is rebooking week for term 2.**

***Mid-term Break – No swimming during these dates***

#### General Guidelines

- Please let your child's swimming teacher know of any special needs or illness injury that may affect their ability to partake in their swimming class.
- Children are continually assessed throughout the swim term but our teachers always assess each child on week 8 of the 10-week term. It is important to be in attendance for week 8.
- Once your child is assessed they will receive a slip stating the level they should rebook into.
- You can then rebook for the following term once your child has received this assessment slip.
- Our teachers will hand out the certificates at the end of the lesson on week 10.
- Should your child miss a lesson we cannot add on a lesson or transfer to another day.