



Swimming Lessons will resume the week starting Monday 5th September 2022. Please ensure you are aware of the day and time your child/children are booked in for lessons.

Please be a few minutes early on week one to ensure all children are changed and ready for their lesson so that we can make sure lessons run smoothly on week one.

There will be a staff member on hand to organise all children on week one to make sure all parents and children are looked after.

Please read the following attached information to ensure you are aware of the swim dates, pool rules and other swim lessons information.



Glenview Swimming Academy - Term Dates (September 2022 – November 2022)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	5 th September	6 th September	7 th September	8 th September	9 th September	10 th September	No Lessons
Week 2	12 th September	13 th September	14 th September	15 th September	16 th September	17 th June	No Lessons
Week 3	19 th September	20 th September	21 st September	22 nd September	23 rd September	24 th September	No Lessons
Week 4	26 th September	27 th September	28 th September	29 th September	30 th September	1 st October	No Lessons
Week 5	3 rd October	4 th October	5 th October	6 th October	7 th October	8 th October	No Lessons
Week 6	10 th October	11 th October	12 th October	13 th October	14 th October	15 th October	No Lessons
Week 7	17 th October	18 th October	19 th October	20 th October	21 st October	22 nd October	No Lessons
Week 8	24 th October	25 th October	26 th October	27 th October	28 th October	29 th October	No Lessons
MID TERM	31 st October No Lessons Bank Holiday	1 st November No Lessons Mid Term	2 nd November No Lessons Mid Term	3 rd November No Lessons Mid Term	4 th November No Lessons Mid Term	5 th November No Lessons Mid Term	No Lessons
Week 9	7 th November	8 th November	9 th November	10 th November	11 th November	12 th November	No Lessons
Week 10	14 th November	15 th November	16 th November	17 th November	18 th November	19 th November	No Lessons

Week 8 – This is re-enrolment week for the November 2022 – January 2023 term.

Re-enrolments will take place each day in the fitness studio. You can only book for the day you are currently attending.

Tuesday 1st November and Wednesday 2nd November. Change of day for people already in lessons and anyone with children currently in lessons that wish to book in siblings will book on these dates.

Any remaining spaces in lessons will be made available to members first from Thursday 3rd November.

Swimming Lessons Rules and General Guidelines

- Please let your child's swimming teacher know of any special needs, medical conditions, illness, or injury that may affect their ability to partake in their swimming class.
- Refunds will only be available prior to the commencement of the swimming term on presentation of a medical certificate clearly stating that your child cannot attend lessons. Once the term has started a credit note may be issued.
- 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.
- Our teachers will hand out the end of term swimming certificates at the end of the lesson on week 10 for those children progressing to the next level.
- Should your child miss a lesson we cannot unfortunately add on a lesson or transfer that missed lesson to another day.

Hygiene

- Please make sure your child uses the toilet before swimming lessons. This will keep the pool cleaner and also help to not disrupt the class by having children leave to use the toilet.
- Children should shower before using the pool.
- We recommend that your child wears pool shoes/flip flops in the changing rooms and on the pool deck. We do not recommend swim socks as they can affect your child's leg kick.
- Swimming hats must be always worn, and we recommend that girls with long hair wear a well-fitting silicone hat.
- Parents/Guardians should drop off their children to the teacher at the door from the reception area to the pool and then watch the lessons from the viewing area.

Lessons Etiquette

- Children will continue to enter the pool from the reception area and will exit through the changing rooms once their lesson has finished.
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- Children should be on time for lessons so that it does not disrupt the start of the lesson.
- Please make sure lockers are used in the changing rooms and that belongings are not left on the benches.
- Children must abide by the pool rules and must follow the swim teacher's instructions at all times.
- Children must behave during lessons and show respect for the other children in their class and the swimming teacher.
- Bad behaviour or bullying will not be tolerated and we will remove any child that is constantly causing disruption to the class.
- Parents must remain on site during the lessons in case of an emergency.
- **Boys over the age of 8 years should use the male changing room and girls over the age of 8 years should use the ladies' changing rooms.** Please also be aware of those around you in the changing rooms and use the cubicles if changing a boy/girl in the opposite changing rooms.



FREQUENTLY ASKED QUESTIONS

1. What age can my child start swimming lessons?

We only take children from aged 4 onwards for swimming lessons.

2. How long will it take my child to learn to swim?

Swimming is a life skill so we recommend that you keep swimming for life. However each child is different and how quickly they learn depends on a number of factors including confidence in the water, willingness to learn, attendance and whether they also swim outside of lessons.

From experience we think that it will take most children 2-3 terms to complete each level.

3. How long are swimming lessons?

Our swimming lessons are 30 minutes long. This is long enough for the lower levels as their concentration starts to fade and it is long enough for the higher levels as they can be very tired after a lot of swimming.

4. What do we need to bring?

A swimming hat, goggles (make sure they are adjusted to fit), a one piece swim suit for girls and well fitting swim shorts for boys. A drink and a small snack afterwards are always a good idea as children tend to be hungry after swimming.

5. Do I have to be in the pool area with my child?

No, we do not allow parents onto the poolside during swimming lessons. We recommend that you observe from the reception area. Children learn easier when they are not constantly looking at their parents.

6. Do I need to bring arm bands for my child if they are just starting lessons?

We don't recommend using arm bands in lessons. They are a great aid to keep children safe in the water but they actually get in the way of teaching children to swim. Your child will start their lessons in the children's pool which is shallow and where they can stand easily.

7. My child doesn't seem to be moving levels?

Children are constantly assessed by their teacher and will be moved between classes when the teacher decides that they meet the right criteria. In certain case's a child could move to another level within the 10 weeks. They don't have to wait for the next level/term to be moved.

Some children need a few terms in one level and may pass through other levels quickly. It varies by child. All of the swim teachers understand that parents are keen for their child to move up levels. Unfortunately, unless they meet the right criteria, for health and safety reasons and the child's confidence, they cannot be moved.

Extra practice always helps so we encourage parents to bring their children to Family Swims to improve their confidence and technique.

8. Am I allowed on the bank to talk to my child/swim teacher?

No. Due to Health and Safety and Child Protection reasons parents are not allowed on the pool deck unless invited by the by the teacher/manager.

You may be able to briefly speak to the teacher when dropping off or collecting your child from the swimming teacher.

9. Am I allowed to take pictures of my child swimming?

No. You may not take photographs of children in a swimming pool environment, regardless of whether they are your child or not.

Anyone found taking pictures will be asked to delete them from their device.

10. How long is each term?

Each term is 10 weeks long. There may be breaks for Mid-term/Public Holidays/Hallowe'en/Easter etc. Parents will be informed of these and there will also be signs in the Reception area at least one week prior to the planned break.