



Kings Fitness & Leisure

Swim scheme

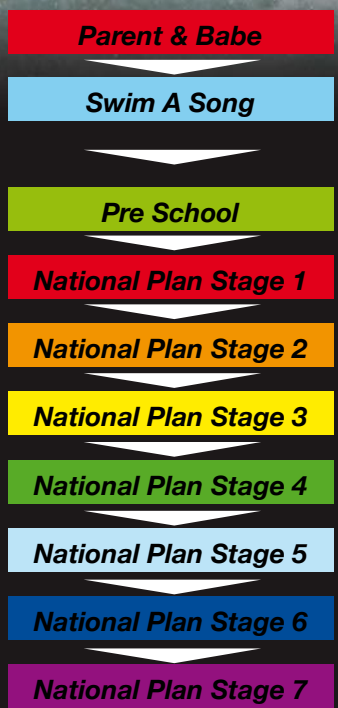
swim
a song™

A fun, innovative and effective programme for introducing adults with babies or very young children to the exciting world of Aquatics. Aimed at babies and toddlers from 4 months to 3 years. 'Swim a Song' incorporates water safety, free movement, structured play, exercise to music, and guidance in physical and educational development.

PRESCHOOL SWIM SCHEME

Children can start preschool lessons when they are 3 years of age. Taking place in the shallow end of the pool where all children can place their feet on the floor.

For a FREE swim assessment or further information on swimming lessons and activities please call 01934 744939 or email jesshartley@kingsfitness.co.uk.



Rookie Lifeguard	Personal Survival	Elite Badges	National Plan Stages 8-10 Competitive Swimming
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For bookings call 01934 744939

NATIONAL SWIM SCHEME

Kings Swim Scheme is a comprehensive and 'all-inclusive' programme designed by the Amateur Swimming Association (ASA) and taught by qualified and experienced instructors. There are 10 stages to the scheme and we offer free assessments to all new swimmers.

STAGES 1-3



The first three stages will take your child through from a complete beginner to swimming 10 metres.

STAGES 4-6



These stages focus on refining the 4 swimming strokes as well as introducing new water skills and water safety while working towards building stamina and distance.

STAGES 7-10



Children will now be swimming lengths and developing quality stroke technique and distance. There is an introduction to competitive swimming and the children will be taught turns, timed swims, swimming drills and swimming exercises. All the skills they have learnt throughout the programme will be consolidated and your children will have developed the core range of skills required to be a confident, competent and safe swimmer.

OTHER JUNIOR SWIM COURSES

Once you have completed Stage 7 of our swim scheme you will have the opportunity to try out one of our other swim courses:

ROOKIE LIFEGUARD

This course provides a solid foundation on the basics of rescue and lifesaving skills. The programme is divided into 3 stages - Bronze, Silver and Gold giving you the chance to work toward badges in each stage.

PERSONAL SURVIVAL COURSE

Concentrates on the skills needed in an emergency situation. Working towards two badges and includes practical skills for individual safety, rescue and group survival.

ELITE BADGES COURSE

Working towards completing the bronze, silver and gold challenge badges and will include both distance swimming and water skills.

1-1 SWIM SCHEME

We also offer one to one lessons for children who are complete beginners or who need additional support.

CRASH COURSES:

During the Easter & Summer holidays we will be offering a selection of swim crash courses designed to improve swimming strokes and skills through intensive lessons. Spaces are limited.

ADULT SWIMMING LESSONS

It is never too late to learn to swim or to improve style and stamina. Please see the pool timetables for details on our drop-in adult sessions.

or visit www.kingsfitness.co.uk