

## BEYOND LEARN TO SWIM AT ASHFORD SWIM SCHOOL

### Swim Academy

These relaxed sessions are aimed at those children who are working towards or passed the Swim England Stage 6 criteria. Children develop their fitness and stroke technique through a series of drills and engaging activities. They are also introduced to competitive starts and turns, diving and have the opportunity to complete a distance swim on a termly basis. Swimmers can also work towards the Swim England Stage 7 criteria within these groups.

<b>Minimum stage</b>	Stage 6 or above of the Swim England Learn to Swim Framework			
<b>Class size</b>	Up to a maximum of 8 per lane (at our discretion)			
<b>Lesson length</b>	60 minutes			
<b>Session days, times and locations</b>	<b>Day</b>	<b>Start time</b>	<b>End time</b>	<b>Location</b>
	Monday ThursdayFriday	18.00 19.45 19.30	19.00 20.45 20.30	East Hill Great Chart Great Chart

### Mini Polo

Ever fancied the idea of Water Polo? It's a fun, high energy ball game in the pool and it even has the Royal seal of approval. Mini-polo is a beginners' version of this physically demanding, but fun, Olympic Sport.

Mini Polo combines introductory ball and swimming skills, as well as teamwork. Participants can play within their depth, making it easier to concentrate on learning how to play and having a good time. This is a great game and a good starting point for anyone thinking of taking up Water Polo.

<b>Minimum stage/age</b>	Stage 5+			
<b>Class size</b>	20			
<b>Lesson length</b>	30 minutes			
<b>Session day, time and location</b>	<b>Day</b>	<b>Start time</b>	<b>End time</b>	<b>Location</b>
	Wednesday	19.00	19.30	East Hill

## Water Polo

For children who may wish to do something different from just swimming, Water Polo is an exciting and fast-paced game combining the skill and tactical elements of football with the physical contest of rugby. Water Polo was one of the original team sports at the first modern Olympic Games in 1900 with Great Britain winning the first four men's Olympic gold medals in 1900, 1908, 1912 and 1920. Your child will learn the basics of the sport from movement, shooting and passing to more complex skills and technique and get to put these into practice in game situations.

<b>Minimum stage/age</b>	Stage 6+ or a progression from Mini Polo			
<b>Class size</b>	20			
<b>Lesson length</b>	45			
<b>Session day, time and location</b>	<b>Day</b>	<b>Start time</b>	<b>End time</b>	<b>Location</b>
	Wednesday	19.30	20.15	East Hill

## Rookie Lifeguard

The RLSS UK's Rookie Lifeguard Programme offers an opportunity to explore water safety, gain independence and confidence while learning vital life skills that can help keep themselves, friends and family safe. Built into the Programme are lessons in valuable survival, rescue and sports skills ; all delivered in an exciting way that will get children involved and motivated. The course can run parallel to your child's current swimming lessons and will enhance the skills they learn in the pool.

<b>Minimum stage/age</b>	Stage 5+			
<b>Class size</b>	20			
<b>Lesson length</b>	45			
<b>Session day, time and location</b>	<b>Day</b>	<b>Start time</b>	<b>End time</b>	<b>Location</b>
	Friday	19.30	20.30	Great Chart

*Please note: a discount is available to those swimmers signing up for two activities per week*