

Swimming Lessons

LANCASTER
CITY COUNCIL
Promoting City, Coast & Countryside

Learn to swim with Lancaster City Council



www.lancaster.gov.uk/swimminglessons

It's never too early or late in life to learn to swim.

Youngsters will learn basic skills and gain confidence in the water.

Which lesson is right for me?

It's never too early or late in life to learn to swim. Our swimming programme has lessons suitable for everyone and closely follows the Amateur Swimming Association's (ASA) Learn to Swim Framework - a nationally recognised programme covering all aspects of swimming from non-swimmer to competition level.

Young children's swimming lessons (4 months to 5 years)

| Title | Description |
|---|--|
| Ducks and ducklings (4 months to 3 years) | A fun session where parents can accompany their children in the pool. Children will gain water confidence with a series of games and music. |
| Ducklings (4 to 5 years) | A great introduction to swimming lessons. Youngsters will learn basic skills and gain confidence in the water. Accompanying adults must be 16 or over. |

Children's swimming lessons (School age onwards)

These sessions closely follow the ASA's National Plan for Teaching Swimming. For more information ask for a Parent's Guide at your local swimming pool.



| Title | Award |
|--------------------------|--|
| ASA Stage 1 and 2 | ASA stage certificates, distance badges and special awards to encourage skills development. |
| ASA Stage 3 and 4 | |
| ASA Stage 5 | |
| ASA Stage 6 and 7 | A set of lessons for advanced swimmers. Children will learn a number swimming techniques and water safety. ASA stages 8, 9 and 10 badges and special awards. |
| Advanced | |
| One to One | |
| | Individual swimming lesson with one of our instructors. |

Adult swimming lessons (Suitable for people from teenage upwards)

| Title | Description |
|-----------------------|--|
| Adult | It's never too early or late in life to learn how to swim. These classes are perfect for anyone new to swimming or who are not confident in the water. |
| Adult Improver | Great for adults who are returning to the water, improve their swimming technique or build up their overall water confidence. |
| Fitness Swim | A great session for adults who want to increase stamina, strength and swimming technique. |
| One to One | Individual swimming lesson with one of our instructors. |

Swimming lesson timetable

Swimming lesson programmes run in blocks of 8 weeks throughout the year with short breaks during main holiday periods. The 30 minute lessons take place during certain time periods in each of our four swimming pools. Just choose a location and time that is convenient for you.



| Pool | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------|--------------|------------------------|-------------------------------|--------------|-------------------|------------------|
| Carnforth Swimming Pool | | 4pm - 5.30pm | 4pm - 5.30pm | | 3.45pm - 5.15pm | 9am - 10.30am |
| Heysham Swimming Pool | 4pm - 5.30pm | | 4pm - 5.30pm 7pm - 7.30pm | | 4pm - 5.30pm | |
| Hornby Swimming Pool | 4.30pm - 6pm | 4pm - 6pm 7pm - 8pm | 11am - 12noon 5.30pm - 7pm | 5.30pm - 7pm | 10.30am - 11.30am | |
| Salt Ayre Sports Centre | 4pm - 6pm | | | 4pm - 6pm | 4pm - 7pm | 7.50am - 10.30am |

Still not sure what lesson is right for you?

Our special selection days let our instructors work out what lessons would be best for you. These days happen throughout the year and give you the chance to enrol on the ideal course for you. Please contact us for more details.

*Please note:

Lessons vary during these time periods. Check with your local pool to find a lesson that's right for you.

Why learn to swim with Lancaster City Council?

- Our prices are some of the cheapest in the area. Visit www.lancaster.gov.uk/swimminglessons or call us for our detailed pricelist.
- We supply all floats and swimming aides required for your lesson.
- Certificates and badges of achievement are available upon completion of each stage of the lesson programme.
- Regular assessments mean that progression through the swimming lesson programme is always at a pace to suit the individual.
- We offer a varied range of courses for adults and children.
- The majority of lessons run for 30 minutes in the water with additional time added for administration and pupil teacher discussion.
- Please note as a health and safety requirement all children and adults are requested to shower before their lessons commence.

Costs and booking

- Our prices are some of the cheapest in the area. Visit www.lancaster.gov.uk/swimminglessons or call us for our detailed pricelist.
- A detailed parent's guide to the ASA's National Plan is available for £1 giving full information on how children progress through the ASA's stages.
- If you do not know what level is best for you, ask the pool of your choice. Our experienced tutors will allocate a course at a suitable level.
- It's easy to progress through all the different skill levels. Upon completion of your 8 week lesson programme, you'll receive priority booking for the next set of lessons on a special enrolment day.

| Pool | Address | Email / Telephone |
|-------------------------|---|--|
| Carnforth Swimming Pool | Kellet Road Carnforth LA5 9LS | carnforthpool@lancaster.gov.uk 01524 734699 www.lancaster.gov.uk/carnforthpool |
| Heysham Swimming Pool | Osborne Road Morecambe LA3 1HS | heyshampool@lancaster.gov.uk 01524 420763 www.lancaster.gov.uk/heyshampool |
| Hornby Swimming Pool | Melling Road Hornby Nr Lancaster LA2 8LH | hornbypool@lancaster.gov.uk 015242 21119 www.lancaster.gov.uk/hornbypool |
| Salt Ayre Sports Centre | Doris Henderson Way Salt Ayre Lane Lancaster LA1 5JS | saltayre@lancaster.gov.uk 01524 847540 www.lancaster.gov.uk/saltayre |