

ACTIVE TAMESIDE SWIM SCHOOL

ASHTON • COPLEY • DENTON • HYDE • MEDLOCK

SWIMMING PERFORMANCE PATHWAY



Enrol now
and start learning
to swim!



www.activetameside.com

WE THINK SWIMMING IS IMPORTANT



We believe swimming is a life skill. As 75% of our planet is water we think it's vital that young people are given the opportunity to Learn to Swim for their own safety. Swimming is also one of the safest and most popular forms of exercise and research shows that children who don't learn to swim miss out on swimming as part of their lifestyle as adults*.

We also find that swimming is a great social and family activity – on holiday, at the beach, at the local pool with friends – so by learning to swim your child will be confident in the water, and able to enjoy all swimming opportunities.

SWIMMING IS A GREAT WAY TO STAY FIT AND HEALTHY.

Stuck for time? Just 30 minutes of water-based activity is the same as 45 minutes of the same activity on land, thanks to water resistance.

In need of low-impact exercise? Water takes your weight so it's great for people who require low impact exercise. For example; women during pregnancy, people with poor mobility or those who want to protect their joints.

Boosts your heart and circulation – you're using your whole body when you swim, so your whole body benefits!

Essentially the ISLP programme provides much more than just a Learn to Swim opportunity – the basic skills can benefit children in their general sporting development as well as their swimming development. Water-based sports are varied and fun, and good swimming development gives your child the opportunity to explore sports such as diving, water polo, sailing or snorkeling.

***If you missed out on learning to swim as a child, don't worry – here at Active Tameside we have Adults Swimming lessons so you can enjoy the water too.**

IN SUMMARY: THE ILSP PATHWAY

For many years we have operated an incentive-based swimming skills scheme – the STA International Learn to Swim Programme (ILSP) and millions of children worldwide have learned to swim using this system. As part of our commitment to improving the standards of swimming teaching and water safety worldwide we have, after consultation with our members and experts within the industry, developed ILSP, the comprehensive approach to teaching swimming..

WHY CHOOSE THE ILSP?

The ILSP recognises that pupils learn to swim at many different ages and progress at varying paces. It also appreciates that swimming teachers use different techniques and have different levels of experience and that pool managers have diverse requirements. But at the same time, both parties recognise that at no stage should safety, quality standards or consistency be compromised. The ILSP consists of five progressive schemes which are interlinked. There is a standalone scheme for people with disabilities, supporting awards for the more competent swimmer and diver and an introduction to the First Aid award.



STANLEY

The STANley First Steps Series is an exciting series of 7 progressive awards specifically designed to teach learners basic swimming and water safety skills. A child's first learn to swim experience is one of the most important in terms of capturing and retaining their interest. We believe the best way to achieve this is to create safe environments in which children can be introduced to the water whilst having fun and by providing a progressive learn to swim programme that is both challenging and rewarding.

This series culminates with the STANley Star award, which covers all the skills in the 7 awards ensuring that the learner is competent and confident in and around water.

OCTOPUS

This progresses in line with the Stanley awards to develop their confidence, knowledge and skills. We believe the best way to achieve this is to create safe environments in which children can be introduced to the water whilst having fun and by providing a progressive learn to swim programme that is both challenging and rewarding.

On completion of the Octopus series, learners can progress through the Learn to Swim journey and move on to the Goldfish series. A child's first learn to swim experience is one of the most important in terms of capturing and retaining their interest.

GOLDFISH

This programme is designed to be the next stage for swimmers who have progressed through the STANley First Steps Series and Octopus Series. The Goldfish series is an exciting series of 3 progressive awards expanding on skills in a fun, progressive, challenging and rewarding way. On completion of this series, swimmers will be able to swim 15 metres without any aid as well as perform basic floats.

ANGELFISH

Once swimmers have completed the Goldfish Series they can progress to the Angelfish Series. On completion of the 3 progressive awards in this series, swimmers will be capable of swimming 25 metres without aid, perform butterfly stroke as well as mastering sculling techniques and entries to the water.

SHARK

On completion of the Angelfish Series, learners progress to the Shark Series. This series educates learners in basic water rescue and survival techniques as well as starts and turns for each of the strokes. On completion of the series learners will be able to swim 100 metres.



HELPING TO PREPARE FOR SWIMMING LESSONS

We appreciate that for many children starting a new class is a big step, especially as a swimming pool may be an environment the child isn't used to.

It may be useful to bring your child to one of our pools during a general swimming session to give your child the chance to become familiar with the environment. To find a time suitable for you, visit our timetable www.activetameside.com/timetable or call your local Active Tameside centre. You may also find it beneficial to chat to your child about what will happen in the lesson, so your child will feel prepared for their first lesson.

WHAT TO BRING

We recommend that swimmers wear the appropriate swim wear (i.e. a swimming costume or swimming trunks) and those with longer hair have their hair tied up and put into a swimming cap.

You may want to pack a few extra bits too, here are our suggestions:

- Swimming wear (costume/trunks/shorts)
- Towel
- Shampoo and/or shower gel
- Hair clips/hair bands
- Swimming cap (if needed)
- Locker money/token (if needed)
- Goggles (where required)



When you visit us for your lesson make sure you arrive in plenty of time to get ready so your child is prepared in time and doesn't miss the start of the lesson.

Eating before swimming

It is not advised to swim on a full stomach so try to encourage swimmers not to eat in the hour before their lesson to reduce the risk of feeling ill during the lesson. We do understand that some children may come straight from school, in which case a light snack would be best.

Medical conditions

When you enrol your child please let us know of any medical conditions, injuries or special needs your child has. This could include asthma, epilepsy, sight or hearing impairment or learning disabilities.

Illness and accidents

We advise that you don't bring your child to a swimming lesson if he/she has ear infections, infectious diseases, open wounds or sore eyes..

Home Portal

Use Home Portal to keep up to date with your child's progress. Home Portal allows parents or swimmers to log in and view their progress online on a weekly basis, make payments online and book new places when ready – all with ease from your computer or mobile device. Use the space at the front of this booklet to make a note of your child's membership number to use when you log in to the Home Portal. Find the Home Portal on our website: www.activetameside.com

Moving on from Active Tameside Swim School

Like the STA, we encourage all our swimmers to complete the Learn to Swim Framework to ensure they are competent, confident and safe swimmers. After this stage chat to us to discuss the best swimming opportunities for your child.

Active Tameside Swim Academy

Active Tameside's Tameside Swim Academy is the next step for swimmers who have completed Active Tameside Swim School. It gives swimmers the opportunity to experience the environment of a competitive training scheme. As part of the Academy,

swimmers will have access to 5 x 45-minute sessions per week at various Active pools throughout Tameside. Swimming is a great way for all aspiring athletes to develop fitness and endurance.

ASA Clubs

Competitive swimming doesn't appeal to everyone but there are plenty of ways to develop swimming skills in other activities. All our pools host community swimming clubs, as well as a Synchronised Swimming Club, a Mermaid Academy, an Octopush Club and several Diving and Snorkelling Clubs. Speak to us in centre to find out more.

Junior Lifeguard

STA's Junior Lifeguard Academy is a survival and rescue training programme that has been specifically created for young people aged from 8 years (for the aquatic programmes, learners must be able to swim 50 metres continuously unaided).

The fun-packed programme offers something for everyone; from lifeguarding skills and first aid, to boogie boarding, ocean awareness, distance, sports skills and health & wellbeing.

- Learners work at their own pace; there is no set timetable or deadline to complete the programme – instructors have the flexibility to schedule them in to lessons in any order.
- Knowledge is reinforced through fun games.
- All the missions and challenges are progressive – learners earn colourful, age-appropriate certificates as they complete set parts of the programme.
- Many of the skills do not have to be completed in a swimming pool and can be done at home, club, school or even online.

HOW TO SUPPORT YOUR CHILD AS THEY LEARN TO SWIM

DO:

- Enrol each child on Learn to Swim lessons and prepare them as best as you can to be water confident before their first session to ensure an easy and relaxing first swimming lesson experience.
- Go swimming as a family in your spare time and encourage children to try fun new activities relevant to their stage in the plan.
- Read and understand our pools rules.
- If you're unsure about what you need to bring with you, how to use Home Portal, or any other aspect of the lesson, speak to us in centre.
- Watch your child learning to swim from our waiting areas so you can offer praise and support.
- Be patient. Not all swimmers will develop at the same rate and some will need more support and encouragement – so celebrate every landmark development from the first time they jump in to swimming on their back without aids.
- Remember that swimming is a life skill and by helping your child to Learn to Swim you are giving them the foundations to ensure they can enjoy water based activities safely for the rest of their life.

DON'T:

- Assume if your child has swum five meters, 10 meters or 25 meters in one pool that they can swim the same distance anywhere. New pools, changes in water temperature, open water facilities and the seaside present lots of different variables and it is essential young swimmers are supervised at all times.
- Pull your child out of swimming lessons when they start school swimming. School swimming presents your child with an additional opportunity to learn more skills and will be delivered with a different approach focusing around the school national curriculum. If your child is not enjoying his or her lesson try and find out why and speak to the swimming teachers at the centre.
- Criticise the swimming teacher in front of your child. If you don't respect the staff your child won't respect the staff either – meaning lesson progression will be affected. Any concerns you do have should be raised with the centre's Assistant Service Manager (ASM) away from your child.

FREQUENTLY ASKED QUESTIONS

What should I expect from each lesson?

Lessons are taught by qualified level 2 swimming teachers, with no more than 12 swimmers in the class (the number depends on the level of class). Fun activities will be used by the teacher to help the class learn new skills, whilst providing personalised feedback to each swimmer to help them improve.

The personal nature of the class continues as teachers will adapt some of the activities depending on each swimmer's ability.

As the lessons progress the swimming teacher will record progress made against the outcomes outlined in this guide for the relevant stage to keep note of what each child has achieved. When a swimmer can complete all the outcomes consistently they will be awarded a badge.

How long will it take a swimmer to pass each stage?

This is individual and will vary depending on skill and experience. For example, if a swimmer had the experience of pre-school or adult and child sessions then he/she may move faster initially through the Framework because of the confidence and skills already developed.

- The length of time taken to pass a badge doesn't always reflect on capability, some children are more naturally competent in the water and so progress faster, others are slower to learn new skills but can quite often become stronger more proficient swimmers as they progress.
- We think the most important factor is that each child learns to swim and enjoys doing so.

What should I do if I think my child has completed an outcome/Stage and it hasn't been acknowledged?

Teachers are encouraged to continually assess each child against the outcomes of the plan, however schemes will administer the presentation of badges and awards in different ways, so if in any doubt ask your teacher or the pool reception staff. You can also check the Home Portal to find out more about your child's development ([find this at www.activetameside.com](http://www.activetameside.com))

- It is also worthwhile remembering that children need to show consistency in their ability to perform the tasks so the teachers will keep an eye on swimmers to ensure they can do the task more than once.

How long is it recommended my child should stay in swimming lessons for?

Learning to swim is a life skill and it is therefore important that any swimmer stays with the programme until they become competent and strong. Much like other skills, learning to swim is just the start of development.

- Active Tameside and the STA recommends a swimmer completes the Framework to give them a solid base to help them enjoy swimming and swimming related activities later.
- Swimming is an excellent sport for developing a basic fitness level that will help with participation in other sports. Research has proven that young people who develop a variety of transferable sports skills at a young age are more likely to excel in other sports as they get older.

What happens if, by the end of the programme, a swimmer has not achieved all the outcomes in the stage they are working on?

To move through the programme your child must complete all outcomes in order to be awarded the STA Award.

- If your child continues to struggle passing a certain stage it may be decided that your child moves to the next group but continues working towards those outcomes yet to be completed.

Is the framework suitable for a disabled child?

Yes, however we also offer specific awards for people with disabilities

Recognising the importance of swimming and water safety for people with disabilities, STA's Rockhopper series and Emperor series are the most comprehensive and progressing programmes for people of all ages with disabilities.

The Rockhopper series is an exciting programme consisting of 9 awards which introduce learners with disabilities to the joy of water. The series develops water confidence and water skills as well as increasing water safety awareness and knowledge.

As a standalone scheme, STA's disabilities awards can be run independently or alongside our full International Learn to Swim Programme.

Complementing the Rockhopper Series of disabilities awards, the Emperor Series of distance awards enable the swimmer to increase their strength and stamina by swimming in their own style, using adapted strokes, from 5 metres to 400 metres. Each award has its own full colour A4 certificate and woven badge.

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