

Violet

Further development of strength and stamina will take place with the aim to achieve 400m demonstrating the correct stroke technique in both front crawl and back crawl. Children will now have a good understanding of breast stroke and continue to develop butterfly stroke. Further development of competitive starts, turns and finishes will take place. Lessons are based on length swimming and run on a ratio of 10:1 for a duration of 45 minutes.

Pink Stars

The final stage of the stars group. Final strength and stamina development will take place with the aim to achieve 600m+ demonstrating the correct stroke technique. Children will now have a good understanding of all four swimming strokes and have the necessary skills to progress into the Water Safety group or join a competitive swimming club. Lessons are based on length swimming and run on a ratio of 10:1 for a duration of 45 minutes.

Water Safety

Lessons will be based on length swimming and work to the STA Bronze, Silver and Gold Scheme. Groups will be run on a ratio of 10:1 for a duration of 1 hour.

Gold Mark STA Swim School

The Circle Swim School holds the STA Gold Mark for its excellence in delivering swimming lessons. The Circle underwent an extensive audit by the STA (Swimming Teachers Association). The STA viewed risk assessments, health and safety, documentation and control procedures, environmental conditions, pool safety operating conditions, normal operating procedures, emergency action plans, documented systems, accident forms, customer care, staff training and development and service planning. We're pleased to announce we've achieved the highest level accreditation from the STA following the audit. This recognises our outstanding

delivery of service we offer to our customers. The Circle is one of the first Swim School's in the country to achieve the Gold mark accolade.

Commonly asked questions

How are the classes organised?

Classes are split into the star levels stated, groups are assigned a named teacher who will provide quality tuition throughout the course. It may be necessary on occasions to cover sickness and holiday commitments with another qualified teacher.

How does my child progress?

Your child will be continually assessed throughout the course as per the syllabus. Children will receive their badge and certificate or a pupil report and renewal letter on their final lesson. The letter will represent the group your child will be progressing to. Note places are issued on a first come first served basis, once you receive your renewal letter it is your responsibility to return it with full payment to secure your child's place.

What time will your lesson be?

Once you have enrolled you will be allocated a set day and time for your child's lesson for the duration of the course, once this has been allocated due to high demand it will not be possible to transfer.

If you require any further information please contact reception or call 01952 388470.

Email enquiries: matt.dickenson@taw.org.uk

Swimming Lessons



STAMark
Gold



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How to get started and enrolled

To register your interest in swimming lessons and to receive a form for the next course of lessons please complete the below form in full, tear off and return to The Circle.

Name (parent/guardian):

Address:

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Postcode:

Telephone Home:

Telephone Mobile:

Email address:

Age of child:

Child's Current Swimming ability/Previous awards achieved (please be as specific as possible e.g. non swimmer (*this includes children who wear buoyancy aids*), 10 metres, 25 metres, 100 metres achieved):

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Letters for the next course will be sent out to the above name and address prior to the start of the course. The Circle run courses in line with school terms starting in January, April and September We anticipate there will be high demand for lessons. Places are given on a first come first served basis, once a letter has been received please return it to The Circle, full payment must be made on booking to ensure a place for lessons is secured.

Lessons at The Circle

Our aim is to provide a quality lesson taught by our experienced instructors. We aim to develop skills, techniques, strokes and water confidence through our structured swimming programme. Each child's swimming course consists of 10 to 14 lessons depending on the length of school terms. Lessons are available on weekday afternoons/evenings and weekend mornings. Each course provides one weekly swimming lesson for a duration of 30 minutes, 45 minutes or 1 hour depending on the ability of the group. We provide lessons for children aged 4 years and upwards.

Turtles

A group designed for children aged 4 years only. Working to the STA's Stanley First Steps Series the group focuses on creating fun, positive experiences for young children whilst teaching them key water safety skills and allowing the child to gain confidence in the water. The series is not only designed to help the child to develop physically, but also emotionally, intellectually and socially. Children will naturally progress into the relevant stars group. Groups will be run on a ratio of 4:1 and are 30 minutes in duration.

Red Stars

The entry level group for non-swimmers aged 5 and over, The aim is to develop front and back paddle, aiming to achieve 5m confidently in both strokes. Skill development will include confidently putting faces in the water, blowing bubbles, floating practices and jumping in aided with assistance. Groups will be run on a ration of 5:1 and are 30 minutes in duration.

Orange Stars

Further development of front and back paddle with the aim to achieve 10m confidently. Skills include fully submersing under the water, floating practices, push and glides and jumping in without assistance. Groups will be run on a rat ion of 5:1 and are 30 minutes in duration.

Yellow Stars

Stroke development progresses onto front crawl and back crawl techniques aiming to achieve 15m, 20m and 25m confidently in both strokes. Basic breast-stroke technique will be introduced. Skills will include collecting objects off the bottom of the pool, holding floating positions unaided, push and glides and jumping in unaided. Groups will be run on a ration of 5:1 and are 30 minutes in duration.

Green Stars

Further development of front crawl and back crawl will be taught, with the aim of achieving 50m confidently in both strokes. Breast stroke technique will continue to be developed. An introduction to dolphin leg kick will take place. Skills will include surface dives to collect objects of f the bottom and streamlined push and glides. Groups will be run on a ratio of 8:1 with and are 30 minutes in duration.

Blue Stars

Continued development of front crawl and back crawl will take place, refining stroke technique aiming to increase stamina in each stroke to swim 75m to 100m confidently in each stroke. Further development of breast stroke will take place with the introduction of butter fly. Groups will be run on a 8:1 basis and are 30 minutes in duration.

Indigo Stars

The aim is now to develop strength and stamina in the water with the aim to achieve 200m demonstrating the correct stroke technique. Competitive starts, turns and finishes will be introduced. Lessons are based on length swimming and run on a ratio of 10:1 for a duration of 45 minutes.