



SWIM4LIFE AT THE DOLPHIN CENTRE

From complete beginner to diving
and lifeguard skills.

01325 406000
www.healthydarlington.co.uk



SWIM4LIFE SWIMMING STAGES

MyFirstSwim Academy: Parent and toddler lessons for babies and preschool toddlers aged 0-3 years old. Weekly 30 minute lesson followed by an optional 30 minutes in the interactive toddler pool.

Foundation: Lessons for children who are aged 3yrs – 5yrs, these lessons introduce the children to the 'class' scenario, while learning the basic movements on front and back through play. Children can earn their duckling 1 - 3 badges during this stage.

Stage 1: Developing basic safety awareness, basic movement skills and water confidence skills. Swimmers may use aids such as arm bands and floats.



Stage 2: Developing safe entries to the water, including jumping in, basic floating, travel front and back up to a distance of 5 metres, plus rotation to regain upright positions. Swimmers may use aids such as arm bands and float.

Stage 3: Developing safe entries including submersion, travel up to 10 metres on the front and back, progress rotation skills and water safety knowledge. At this stage, the swimmer will be assessed without the use of aids or support.



Stage 4: Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes and swimming 10 metres to a given standard as directed by Swim England.

Stage 5: Developing 'watermanship' through sculling and treading water skills and complete rotation, also performing all strokes for a distance of 10 metres to the given standard as provided by Swim England



Stage 6: Developing effective swimming skills including coordinated breathing across all strokes plus swimming a distance of 25 metres using a stroke of the swimmer's choice.

Stage 7: Developing quality stroke techniques up to 100 metres, Swim a distance of 25 metres front crawl, breast stroke, back stroke and butterfly.



Stages 8-10: Once the swimmer has developed the core range of skills required to be confident, competent and safe in the water through stages 1 - 7, the swimmer may then have the choice to take part in different aquatic disciplines like **diving**, **water polo** and **rookie lifeguard** skills. Swimmers can swim competitively with Darlington Amateur Swimming Club more details can be found on our website.

Diving: Develop and build on basic diving skills, such as the concept of a dive, floats, glides and movements in the water. Work to refine the basic body positions for diving will also take place poolside.

Waterpolo: Water polo lessons are about teaching the children to learn the basics of the sport. This includes movement, shooting, passing and also the more complex skills and techniques of the sport. For beginners learning the sport, mini polo is adopted which is a beginner's version of water polo with a smaller ball.

Rookie Lifeguard: Teach children valuable survival, rescue and sports skills. They are all delivered in an exciting way that will get children involved and motivated.

For information on our adult lessons please contact reception or email healthydarlington@darlington.gov.uk

ONLINE HUB

The Swim4Life Hub is an online portal that allows you to view your child's swimming lessons and monitor their progress. To enrol your child on to our swimming lessons you must first visit Reception to register their details and pay for their initial 10 credits.

You will receive a welcome email with details of how to log on to the online portal where you will be able to view your child's progression which is regularly updated by their swim teacher.

The scheme is managed on a programme of continuous assessment allowing your child to move up to a higher stage at any time. When your child is ready to progress, a notification email will be sent. You will then need to move stage either online or via reception.

To continue on the scheme you will be required to top up your account and purchase credits either from the Swim4Life Hub or at reception. When you have 3 remaining credits, an email will be sent to you as a reminder to purchase additional credits. If you use all your credits and fail to top up your account you will automatically be removed from the scheme and lose your place. If this occurs and you wish to remain on the scheme, we will endeavour to find you another place but unfortunately cannot guarantee this.

While enrolled on the programme, we will send essential communication, regular reminders and updates relating to our Swim4Life scheme and your child's achievements. To enable us to do this we will require you to provide a current email address. Should this or any of your personal details change in the future, please ensure that you inform us of any changes at your earliest opportunity.

HOW TO MANAGE YOUR CHILD'S LESSONS FROM YOUR COMPUTER OR SMART PHONE

Log on to the 'Swim4Life Hub'

Track Progress

View your child's progress and achievements at your own convenience.

Top Up Credits

We will email you to remind you when your credits are running low. Simply log on and top up.

Progression

We will notify you by email when your child is ready to progress to the next stage. You can view availability and simply book onto the next stage.



FAQ'S

How do I make payment?

Initially you will be required to visit our reception to book your place on to the scheme. Once registered you will be able to purchase credits online, making payments quick and easy.

How do I track my child's progress?

Each swimmer will learn at their own pace and we appreciate that some will be ready to progress to the next stage of the scheme earlier than others. You can track your child's progress against each criteria of the stage they are working towards when you log in online to the Swim4Life hub. This will give you an insight into the areas that require more attention allowing you to practice in your own time and progress quicker.

How do I re-enrol when the stage is complete?

As soon as the swimmer is ready to progress to the next stage you will automatically receive an email alert. You can then log in, check availability and book into an available slot.

What if my child has behavioural/medical issues?

We ask that you communicate any issues with the reception team and/or via the Swim4Life online application form and this information will be passed onto your coach.

What happens if I cannot attend a lesson?

Unfortunately we cannot refund or credit lessons for the occasional missed lessons. However, we do have a refund policy should any swimmer be unable to attend their lessons over a sustained period due to a medical condition.

How do I access the online Swim4Life hub?

Simply click on the link on the Swim4Life homepage, register your details using your email address and card number and complete your registration.

SWIM4LIFE ONLINE APPLICATION FORM

Child's Details

Forename(s):

Surname:

Gender: Male / Female

Date of Birth:

Medical Information:

.....

.....

Address:

.....

.....

.....

Postcode:

Parent/Guardian Details

Forename:

Surname:

Relationship to child:

Tel. Home:

Tel. Mobile:

Email:

.....

Signature: **Date:**

PLEASE COMPLETE ALL FIELDS

Contact us: **01325 406000**

Data Protection

The information you supply for this purpose will be used to create your Swim4Life card, which will enable you to log in to the online hub. We will not pass on personal details to any individual or agency outside Darlington Borough Council. If you do not wish to receive information for the purpose of consultation and to keep you informed of our services and offers,

please tick here

Please complete the application form and return to the Dolphin Centre reception.

Contact Us:

T: 01325 406000

E: healthydarlington@darlington.gov.uk

www.healthydarlington.co.uk