

Filton Sports & Leisure Centre Swim School Newsletter.

Dates for the diary:

National Pool Lifeguard Qualification 12th – 17th February.

Rebooking 5th March.

Crash courses – 12th – 18th February (during half term).

Level 1 & Level 2 swimming teacher's courses running throughout the year.

EXCITING CHANGES FOR 2018.

We have 3 new swimming supervisors, Vicki Graham, Kelly Holden, and Josh Jobbins. Our aim is to help the swim school grow to its full potential, not just with our learn-to-swim lessons, but with our other links through Water Polo, Synchro and Competitive swimming. There will always be a supervisor around during lessons so please feel free to say hi and they will be happy to take any comments, compliments or complaints.

LESSON CHANGES.

- ❖ *We now have the 'Elite' class which is for children that would like to carry on their swimming lessons after they finish Stage 7 but do not want to go onto Club swimming.*
- ❖ *Our 'Rookie Lifeguard' sessions are now running for 1 hour, from 6-7pm this will include 30 mins of dry side first aid and 30 mins of pool time.*
- ❖ *The Stage 8 and Stage 9 Competitive swimming classes are now 1 hour long instead of 45 minutes.*

AUTISM AND DEAF FRIENDLY CLASSES

We now provide classes that are suitable for Autistic children, these are run on a Tuesday and Wednesday Evening at 6pm, these are much quieter times and the classes are for 2 students at a time with 2 teachers in the water and 1 teacher assisting on poolside.

All of our swimming lessons are adaptable for deaf children and all of the teachers have knowledge in working with deaf children. However, we do provide smaller classes for those that find it easier to learn in a quieter environment and these are: Preschool – Tuesday 12.00, Stage 1 – Tuesday & Wednesday 6.00pm and Saturday 9.00am, Stage 2 – Tuesday 6.00pm

NATIONAL POOL LIFEGUARD QUALIFICATION 12TH FEBRUARY - 17TH FEBRUARY.

The National Pool Lifeguard Qualification (NPLQ) is the most widely recognised lifeguard qualification in the UK & Ireland and is a requirement for most lifeguarding jobs in the country.

You must be 16+ years of age at the time of taking the NPLQ assessment. You must be able to jump / dive into deep water, swim 50 metres in less than 60 seconds, swim 100 metres continuously on front and back in deep water, tread water for 30 seconds, surface dive to the floor of the pool and climb out unaided without ladder / steps and where the pool design permits.

Course costs – £245. For more information please email

sam.scanlan@filtontowncouncil.gov.uk

www.filtonleisurecentre.co.uk





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SWIM ENGLAND SWIMMING TEACHERS COURSES LEVEL 1 & LEVEL 2.

Ever thought of becoming a swimming teacher? We are hosting ASA level 1 & 2 teaching Aquatics courses throughout the year, during this course there will be trainee teachers assisting our swim school team. For more information visit: www.theiosonline.com

SYNCHRONISED SWIMMING AND WATER POLO

We offer water polo sessions as part of our swim school, we currently have Junior Water Polo from stages 3-5 and a Youth Water Polo from Stage 6 onward.

We now have 2 Synchronised swimming classes on a Thursday night for Stage 8 and Stage 9.

If you think your child would enjoy one of these classes we are giving away 2 free trial sessions for those already in our swim school and 50% off for those that want to book onto the term.

For more information please email swimming@filtontowncouncil.gov.uk

Polite Reminders – Please may we politely ask parents not to use mobile phones or tablets on the poolside, or changing rooms. We will ask you to put these items away. If you need to use these devices please may we ask you to use them in reception or in the viewing gallery.

Can we please try and keep noise on poolside to a minimum as there are a lot of parents on poolside and teachers are having to shout for the children to be able to hear them.

For their safety please ensure that your child does not go near the pools until their teacher is present and tells them it's time to get in. Also, if your child needs assistance during the lesson please wait for the teacher to send the child to you, rather than you going to them and distracting the others from the lesson.

LINKS TO SWIMMING CLUBS

Do you know we have links to external swimming clubs? We are the host to Bristol North Swimming Club, and City of Bristol Water Polo and Synchronised Swimming Club. So, if you have a budding swimmer, dancer and they want to progress please let us know, swimming@filtontowncouncil.gov.uk

ADULT LESSONS

Do you know we offer drop in courses for our Adult learners? We know how hard it is to juggle home/work life so we have introduced our weekly drop in sessions.

www.filtonleisurecentre.co.uk



To get started with our Adult Lessons, Give us a call on 01454 866686. We can provide you with answers to any of your questions and book you on to one of our courses.