

SWIM SCHOOL

WHICH SWIM SCHOOL COURSE IS RIGHT FOR MY CHILD?

All of our courses follow the Swim England teaching syllabus, to ensure quality and consistency, and are taught by Swim England qualified teachers. Children are encouraged to work towards achieving a nationally recognised Swim England Awards, Stages 1 – 8. The Swim School Coordinator is available to answer any questions that you may have.

Beginner: For non-swimmers. Working towards Swim England Stages 1 and 2, this is a fun introduction to swimming, learning basic water awareness, increasing confidence and aiming to swim five metres unaided on front and back.

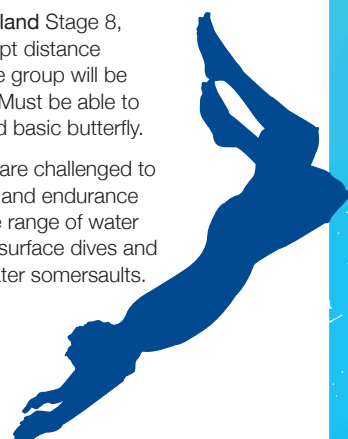
Swimmer: Working towards Swim England Stages 3 and 4, developing basic strokes and skills, and further improving water confidence. Must be able to swim five metres on front and back.

Improver: The emphasis of this group is on stroke improvement, gaining deep water confidence and swimming 25 metres. Working towards Swim England Stage 5, participants must be able to swim 10 metres.

Intermediate: Working towards Swim England Stages 6 and 7, participants must be able to swim 25 metres on front and back. By the end of this course they should be able to swim 100 metres with three strokes, and 25 metres of basic butterfly.

Challenge: Working towards Swim England Stage 8, there may also be opportunities to attempt distance awards, (subject to time constraints). The group will be training in deep water for long sessions. Must be able to swim 100 metres using three strokes and basic butterfly.

Gold & Honours: In this scheme pupils are challenged to achieve specific targets relating to timed and endurance swims, smooth efficient strokes and a wide range of water skills. Skills include water entry, sculling, surface dives and object retrieval, treading water and in-water somersaults. Timed and endurance swims range from 100m to 800m.



Premium Lessons: Our premium courses offer a smaller class size and our most experienced teachers, meaning that your child will get more attention each session, and will progress faster through the stages. These courses are perfect at helping your child improve quickly if their progress has begun to plateau or if they need particular attention on a specific area of stroke technique. Please contact our Swim School Co-ordinator for more details on swim.school@tonbridge-school.org.



SUMMER SWIM SCHOOL TIMETABLE

LEVEL	STAGE	TIME	REF	PRICE/wk
Premium Beginner	Stage 1*	9am to 9.30am	SWM1	£59
Premium Swimmer	Stage 3		SWM2	£59
Premium Swimmer	Stage 4		SWM3	£59
Premium Improver	Stage 5		SWM4	£59
Premium Beginner	Stage 2*	9.45am to 10.15am	SWM5	£59
Premium Swimmer	Stage 3		SWM6	£59
Premium Swimmer	Stage 4		SWM7	£59
Premium Intermediate	Stage 6 or 7		SWM8	£59
Swimmer	Stage 3	10.30am to 11am	SWM9	£40
Swimmer	Stage 4		SWM10	£40

Private 1:1 and 2:1 lessons are also available during these times for both width and length swimmers

* Please note that due to social distancing requirements, Stage 1 & 2 sessions will require a parent to assist from the water

Please be aware that, in-line with Swim England guidelines we are operating a 'swim ready' policy for summer 2020. This means that when you arrive for lessons, your child should already have their swim kit on under their clothes and will mean they can undress on poolside and access the pool without using the changing rooms.

We also request that where possible, only one parent accompanies a child to lessons as this will help us maintain social distancing in the spectator area.