



Magnet

Tel: 01628 685304

Magnet Leisure Centre
Holmanleaze, Maidenhead
Berkshire SL6 8AW

**AQUA
ZONE**



WINDSOR
LEISURE CENTRE

Tel: 01753 778596

Windsor Leisure Centre
Clewer Mead, Stovell Road, Windsor
Berkshire SL4 5JB



SWIMMING LESSONS

Windsor Leisure Centre
& Magnet Leisure Centre

2012/2013



General Information

Introduction

We would like to welcome you to our exciting new swimming programme, Aqua Zone aims to develop high standards while working towards the Nationally recognised teaching plan in partnership with the Amateur Swimming Association. We offer tuition and swimming instruction for people of all ages and abilities.

With the support of Zoggs we can now promote a safe environment with all children over the age of 3 years wearing swimming hats.

For more information about Aqua Zone at Windsor Leisure Centre please contact the Swim Development Officer on Telephone: 01753 778596 or via email aquazonewlc@rbwm.gov.uk

For more information about Aqua Zone at Magnet Leisure Centre please contact the Swim Development Officer on Telephone: 01628 685304 or via email aquazonemlc@rbwm.gov.uk

Certificates and Badges

Cloth badges and certificates are available for all stages of the ASA National Swim Awards to correspond with all 7 stages. The cost for a certificate and badge is £2, these are not sold separately. In addition we also offer distances badges and certificates at the same price. We also provide certificates for starfish and angelfish at a cost of £1.

Children Swim for £1

All children are offered the opportunity to swim for £1 before or after their swimming lesson. Standard rates apply for adults.

Windsor Leisure Centre

Operation of the moveable floor

The moveable floor will be positioned at different depths throughout the day according to the programme, activity or lesson taking place.

Crèche booking and availability

A fully supervised crèche for under 5's operates throughout the week. Parents who would like to block book a child into the crèche whilst participating with a sibling in a swimming lesson are now required to pre-book and pay for the term in advance. On booking, this entitles you to two weeks free. Please note all parents who do not block book will have to follow the normal crèche booking procedure, which only allows you to book a week in advance (advantage card holders) and two days in advance (non-members).

Please note: Crèche facilities are available between 9.30am and 2pm, Monday to Friday (up to 3pm on a Tuesday).

Windsor Swimming Club

The WSC offers the opportunity to swim competitively up to National Level and develop stroke technique in a club environment. For further information please contact Anoushka Dovey 07525 346460.

Magnet Leisure Centre

Maidenhead Marlins Swimming Club

The Maidenhead Marlins offers the opportunity to swim competitively up to National Level and develop stroke technique in a club environment. For further information please contact Denise Lavender via email: deniselavender10@aol.co.uk

Dryside Changing Facilities

The main changing village is situated next to the main pool. A £1 coin which is returnable is required to operate the lockers. Please do not leave clothes, bags and belongings unattended. For the protection of privacy do not change children on the side of the pool or public walkway.

Enrolment Details

• Current students

- Current students have priority over newcomers. There is a re-booking period towards the end of each term. See dates overleaf.
- Payment is the only guarantee of booking and can be made in person or over the phone.
- Current students must be aware that if they do not re-book within the re-booking period they will lose their place to a newcomer.

• Transfers

If you wish to change your current lesson to another day or time **please re-book your lesson** then put your name and details down on our transfer list at main reception.

Please note: We cannot guarantee you will be transferred. After the re-booking period we will contact you with the results of your request.

• Newcomers

- Newcomers may book on our New Bookings date, which is the Sunday after the end of term.
- Bookings start at 9am.
- We advise newcomers to phone the day before to confirm place availability.
- Payment is the only guarantee of booking and can be made in person or over the phone.

• Cancellations:

- No refund will be made for anyone cancelling a course or activity, unless the space is resold.
- All refunds are subject to a £5 administration charge.

Please note: Parents/guardians are responsible for informing Aqua Zone of any medical conditions or special requirements prior to the start of the term.

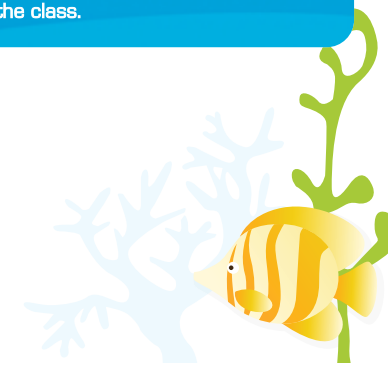
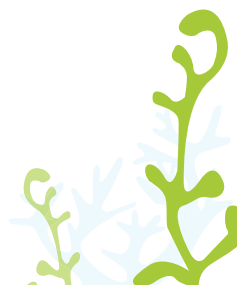
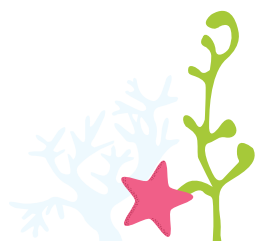
Please note:

- All children over 3 will have to wear a swimming hat.
- No parents or spectators are allowed on poolside.
- Parents/Guardians are required to stay within the building during the lessons.

There are no lessons on Bank Holidays or during school holidays.

Please ask about our Crash Course holiday lessons.

We reserve the right to exclude any pupil from our lessons if he/she is causing distress or discomfort to other pupils or disrupting the class.



Term Dates

2012/2013

Starfish

Swim Programme For **UNDER 5 YEARS**

Summer Term 2012

Monday 16th April - Saturday 21st July 2012 (12/13 weeks)

Bank Holiday: Monday 7th May 2012

Re-bookings: Monday 2nd July - Sunday 15th July 2012**New Bookings:** Sunday 22nd July 2012

Autumn Term 2012

Monday 3rd September - Saturday 15th December 2012 (14 weeks)

Re-bookings: Monday 26th November - Sunday 9th December 2012**New Bookings:** Sunday 15th December 2012

Spring Term 2013

Monday 7th January - Thursday 28th March 2013 (10/11 weeks)

Re-bookings: Monday 11th March - Sunday 24th March 2013**New Bookings:** Thursday 28th March 2013

- For all the under 3 years classes parents are required to be in the water with their child although personal swimming is not necessary
- All lessons are held in the teaching pool and the main pool
- All toys and teaching aids are provided

• Starfish Baby (5 - 24 months)

Introduces your baby into water and will encourage early confidence with the use of nursery rhymes and special teaching practices. This class will show parents the safe way to handle their babies in the water and the type of exercises that should be practiced.

• Starfish 1 (2 - 3 years)

Your child will work towards, making a supervised, safe entry with adult support, get their face and head wet without submersion of any kind, blow bubbles at the water surface, float on the front or back in a relaxed manner with aids, kick their legs on the front or back for a least 5 seconds, make a safe exit from the water with support.

• Starfish 2 (2 - 3 years)

Your child will work towards, making a supervised jump to an adult in the water with or without assistance, blow bubbles whilst the mouth is under the water, move along the rail or wall without assistance, kick legs on the front or back achieving 5 metres travel (with aids), climb out of the water safely with support.

• Starfish 3 (3 - 5 years)

Your child will work towards, jumping unaided but supervised into the water; put their face in the water with confidence and comfort, perform a sitting entry, travel without assistance on front or back, rotate through 180 degrees without assistance, exit safely under guidance and supervision.

Magnet Leisure Centre

Class	Mon	Tues	Wed	Thur	Fri	Sat
Starfish Baby (5 - 24 months)	12.00	12.30	12.00	10.00 12.00	12.00	8.00 10.00
Starfish 1 (2 - 3 years)	12.30		12.30	10.30 12.30	12.30	8.00 10.00
Starfish 2 (2 - 3 years)	12.30		12.30	10.30 12.30		



Starfish

Swim Programme For **UNDER 5 YEARS**

Angelfish

Swim Programme For **3 1/2 up to 4 YEARS**

Windsor Leisure Centre

Class	Mon	Tues	Wed	Thur	Fri	Sat
Starfish Baby (5 - 24 months)	9.30	10.00	10.00	13.00	11.00	9.30
	11.00	12.30	11.00	14.00	12.00	
	11.30		12.00	14.30	14.00	
	12.30		14.30	15.30	15.00	
	13.00					
	14.00					
	15.00					
Starfish 1 (2 - 5 years)	13.30	9.30	9.30	11.30	12.30	
	15.30	10.30	15.00	12.00	13.00	
		13.30		15.00	15.30	
		14.00				
		15.00				
Starfish 2 (2 - 5 years)	10.30	11.00	11.30	9.30	10.00	8.00
	12.00	14.30	13.00	11.00	11.30	11.15 (fp)
		15.30		12.30	13.30	
				13.30	14.30	
Starfish 3 (3 - 5 years)	10.30	11.30	12.30	10.00	9.30	8.30
	14.30	13.00	13.30	10.30	10.30	9.00
			14.00			10.15 (fp)
			15.30			10.45 (fp)

Classes are for 30 minutes. Timetable is subject to change due to numbers and pool availability. Pupils turning 5 years of age will be recommended into the NPTS levels in the after school over 5 years programme (this is done at the teachers discretion at the end of the term). (fp) Fitness pool.



- Parents are not required in the water
- All Magnet lessons are held in the teaching pool and the main pool
- All Windsor lessons in the Fitness Pool & Leisure Pool

• Angelfish 1 - 2

Blowing bubbles with face in the water. Gliding to the wall and jumping in with assistance. Kicking for 3 metres across pool with wobble and/or floats on front and back.

• Angelfish 5

Kicking for 5 metres on both front and back with no assistance, both with over arm action. Kick 3 metres using breaststroke leg action with floats. Using arms and legs on both front and back travel 5 metres. Perform a log roll, sitting dive and mushroom float.

• Angelfish 3 - 4

Travelling 5 metres using an alternating and simultaneous kicking action with a float on both front and back. Show an over arm alternating action and an underwater simultaneous arm action. Achieve a horizontal position on the back with float. Push and glide on both front and back.

Can your child swim without buoyancy aids?

YES Angelfish 4 & 5

NO Angelfish 1, 2 & 3

Do they swim....

Unconfident non-swimmer

Angelfish 1

Confident non-swimmer kicking with a float on front, face in the water

Angelfish 2

Confident non-swimmer kicking with a float on front & back, face in the water

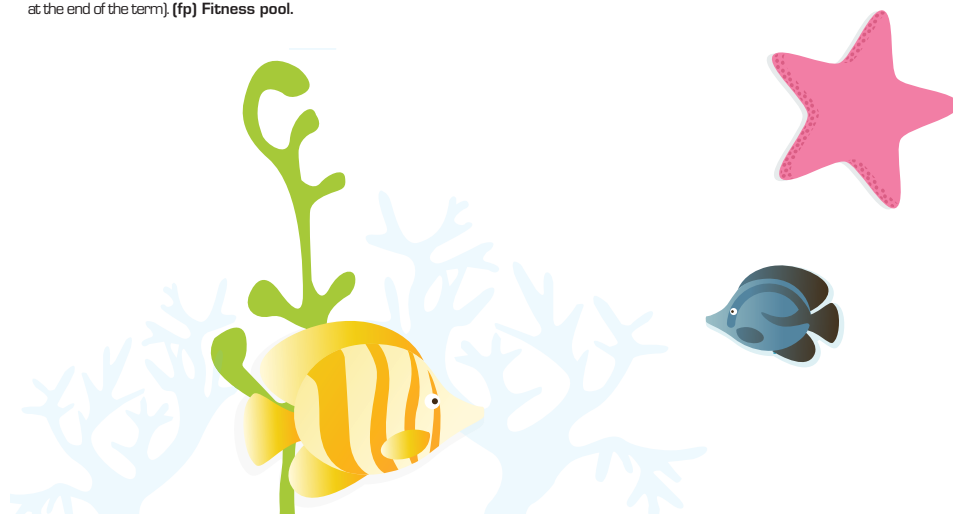
Angelfish 3

Swimming up to 3 metres on front

Angelfish 4

Swimming over 3 metres on front & back

Angelfish 5



Angelfish

Swim Programme For **3 1/2 up to 4 YEARS**

Sharks

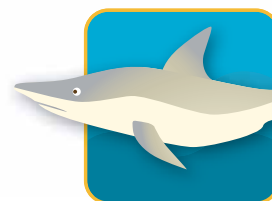
Swim Programme For **OVER 5 YEARS**

Magnet Angelfish

Class	Mon	Tues	Wed	Thur	Fri	Sat
Angelfish 1 (3½ - 4 years)	13.00 16.00 16.30	10.30 13.00 16.00	13.00	10.00 13.00 16.00	13.00	8.00 8.30 10.00
Angelfish 2 (3½ - 4 years)	13.00 16.00 16.30	13.00 16.00	13.00 16.00	10.00 13.00 16.00	13.00	8.00 8.30 10.00
Angelfish 3 (3½ - 4 years)	13.30 16.00	13.30 16.00	13.30 16.00 16.30	10.30 13.30 16.00	13.30	8.00 9.00 9.30
Angelfish 4 (3½ - 4 years)	14.00 16.00	14.00 16.00	14.00 16.30	11.00 14.00 16.00 16.30	14.00	8.00 9.00 9.30
Angelfish 5 (3½ - 4 years)	14.30	14.30 16.30	14.30	11.30 14.30 16.30	14.30	

Windsor Angelfish

Class	Mon	Tues	Wed	Thur	Fri	Sat
Angelfish 1 (3½ - 4 years)		15.00				
Angelfish 2 (3½ - 4 years)		14.00 15.00	14.00 16.00	15.45		11.15
Angelfish 3 (3½ - 4 years)	16.00	14.00 14.30	14.30 15.00 16.00	15.45		8.30 11.15
Angelfish 4 (3½ - 4 years)	16.00	14.30 15.30 16.00	15.30 16.00	15.45	16.00	9.30
Angelfish 5 (3½ - 4 years)			16.00	15.45		



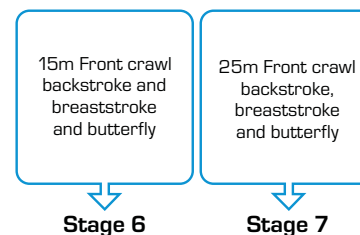
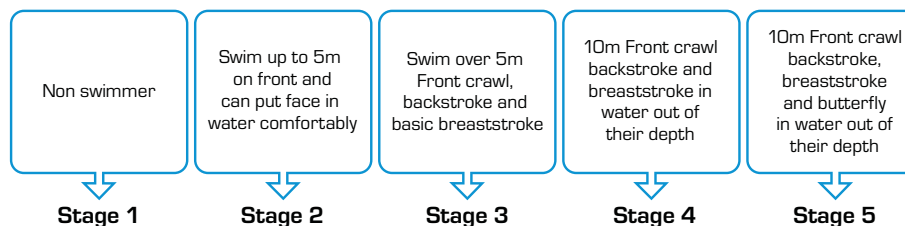
Our swimming lesson programme is designed to follow the new Amateur Swimming Association National Plan For Teaching Swimming. This programme consists of 7 stages working towards nationally recognised awards.

Can your child swim without buoyancy aids?

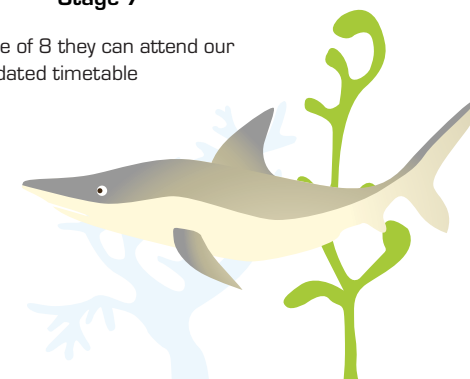
YES Stage 3-10

NO Stage 1&2

Do they swim....



If a child has completed stage 7 and is over the age of 8 they can attend our Flipper Fun, Swimfit and Rookie Classes. For an updated timetable please contact main reception.



Sharks

Swim Programme For **OVER 5 YEARS**

Adults

Course Names and Standard

• Shark 1

Moving forwards and backwards through the water for a distance of 5 metres. Blowing bubbles with face in the water, regaining an upright position from on the front and the back. Moving in to a stretched floating position using aids or support.

• Shark 2

Push and glide from the wall on both front and back. Swim on front breathing normally (attempting to turn to the side) and back for 5 metres. Rotate from front to back and back to front regaining a standing position.

• Shark 3

Push and glide on both front and back in to a log roll. Travel on front and rotate on to back. Swim 10 metres on both front breathing normally (turning to the side to breath) and back. Demonstrate Breaststroke arms and legs. Fully submerge to pick up an object.

• Shark 4 Water out of depth

Push and glide from wall to the pool floor. 10 metres Front Crawl, Backstroke, Breaststroke and butterfly legs, attempting arms. Head first sculling action for 5 metres in a horizontal position. Perform a sequence of floating positions.

• Shark 5 Water out of depth

Performing a sculling action for 5 metres whilst horizontal on back, and a 5 metre feet first scull. Tread water for 30 seconds. Swim a competent Frontcrawl, Backstroke, Breaststroke and Butterfly for 10 metres. Perform a somersault and handstand.

• Shark 6 Water out of depth

Sink, push off on side from wall, glide, kick and rotate in to both frontcrawl and breaststroke. Swim 10 metres with clothes on and 25 metres Frontcrawl, Backstroke, Breaststroke and Butterfly, all with rhythmical breathing. Perform a surface dive.

• Shark 7 Water out of depth

Swimming 25 metres for all 4 strokes. Swim 50 metres continuously using 1 stroke and 100 metres, using 3 different strokes. Forward and backward somersault. Log roll, Head first and feet first sculling. Various floating and sinking skills

• Beginners

To improve under water confidence and progress towards swimming unaided on front and back. To develop the ability to perform breaststroke, backstroke and frontcrawl.

• Intermediate

Aimed at adults who can swim a reasonable distance on their front and back. To develop their technique and style in all strokes with the correct breathing whilst gaining confidence in deep water.

• Improver

To perform the three main strokes to a good level, showing correct technique, rhythm and confidence in the water. Tuition will include diving and an introduction to personal survival.

• Non Swimmers

To gain basic water confidence and travel through the water the aids, to develop basic movements towards learning the strokes.

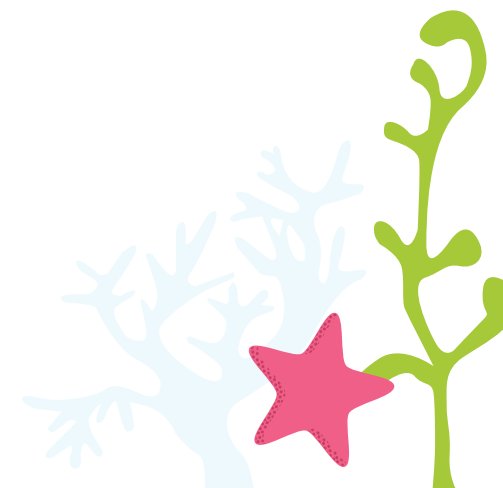
• Aquafit

Aquafit is a programme of exercises in the water, designed to improve your general health, fitness and well being. In the water the body is only 10% of its land weight, therefore making it easier to improve suppleness, strength and stamina. Aquatic exercises support the joints, relieving stress and increasing mobility.

• Aqua Natal Classes

For both swimmers and non-swimmers preparing for childbirth using gentle and toning exercises, or alternatively to improve mobility and muscle tone after birth.

Please note: There is a discount for over 50's on all classes listed above.



Adults

Timetables

Prices

2012/2013

Magnet Leisure Centre

Class	Mon	Tues	Wed	Thur	Fri	Sat
Beginners	20.00	13.00 14.00	20.00	10.00 13.00 14.00		
Intermediate	21.00			10.00		
Improver	21.00			10.00		
Non Swimmers	20.00			10.00		
AquaFit		10.30			20.00	

Windsor Leisure Centre

Class	Mon	Tues	Wed	Thur	Fri	Sat
Beginners	9.00			8.45 9.00	8.30	
Intermediate	9.00	9.00		21.00	9.00	
Improvers	9.00	9.00				
AquaFit	19.30	9.00	18.15			
Aqua Natal	20.30				9.30	

Classes are for 1 hour

Timetable is subject to change due to numbers and pool availability.
Prices are correct at time of print March 2012

Please note: Customers who live outside of the Borough have the opportunity to purchase an Advantage Card.

Summer Term 2012 (12/13 weeks)

	Monday (12 weeks)		Tuesday - Saturday (13 weeks)	
	Advantage Card	Non-member	Advantage Card	Non-member
Starfish	£73.20	£88.20	£79.30	£95.55
Angelfish	£73.20	£88.20	£79.30	£95.55
Sharks	£73.20	£88.20	£79.30	£95.55
Flipper Fun	£73.20	£88.20	£79.30	£95.55
Personal Survival	£73.20	£88.20	£79.30	£95.55
Adults	£73.20	£99.60	£79.30	£107.90
50+	£56.40	£82.80	£61.10	£89.70

Autumn Term 2012 (14 weeks)

	Advantage Card	Non-member
Starfish	£85.40	£102.90
Angelfish	£85.40	£102.90
Sharks	£85.40	£102.90
Flipper Fun	£85.40	£102.90
Personal Survival	£85.40	£102.90
Adults	£85.40	£116.20
50+	£65.80	£96.60

Spring Term 2013 (10/11 weeks)

	Friday-Saturday (10 weeks)		Monday-Thursday (11 weeks)	
	Advantage Card	Non-member	Advantage Card	Non-member
Starfish	£61.00	£73.50	£67.10	£80.85
Angelfish	£61.00	£73.50	£67.10	£80.85
Sharks	£61.00	£73.50	£67.10	£80.85
Flipper Fun	£61.00	£73.50	£67.10	£80.85
Personal Survival	£61.00	£73.50	£67.10	£80.85
Adults	£61.00	£83.00	£67.10	£91.30
50+	£47.00	£69.00	£51.70	£75.90

Crash Courses

2012/2013

Crash Courses

2012/2013

Easter Holidays

Monday 2nd April – Thursday 5th April 2012 (4 day course)

Tuesday 10th April – Friday 13th April 2012 (4 day Course)

June Half Term

Monday 4th – Friday 8th June – No lessons during this holiday

Summer Holidays

Monday 23rd July – Friday 29th July 2012 (5 day course)

Monday 30th July – Friday 3rd August 2012 (5 day course)

Monday 6th August – Friday 10th August 2012 (5 day course)

Monday 13th August – Friday 17th August 2012 (5 day course)

Monday 20th August – Friday 24th August 2012 (5 day course)

October Half Term

Monday 29th October – Friday 2nd November 2012 (5 day course)

February Half Term

Monday 18th February – Friday 22nd February 2013 (5 day course)

Crash Course Times and Classes

Windsor Leisure Centre

Class	Time	4 Day Course	5 Day Course
Angelfish (3 ½ mths - 4 years)	9.00 - 9.30 am 9.30 - 10.00 am 10.00 - 10.30 am	£24.40/£29.40	£30.50/£36.75
Stage 1	9.00 - 9.30 am 10.00 - 10.30 am	£24.40/£29.40	£30.50/£36.75
Stage 2	9.30 - 10.00 am 10.30 - 11.00 am	£24.40/£29.40	£30.50/£36.75
Stage 3	10.30 - 11.00 am	£24.40/£29.40	£30.50/£36.75
Stage 4	10.00 - 10.30 am	£24.40/£29.40	£30.50/£36.75
Stage 5	10.30 - 11.00 am	£24.40/£29.40	£30.50/£36.75

Magnet Leisure Centre

Class	Time	4 Day Course	5 Day Course
Angelfish (3½ years - 4 years)	9.00 - 9.30 am 9.30 - 10.00 am	£24.40/£29.40	£30.50/£36.75
Stage 1 (5+)	9.00 - 9.30 am 9.30 - 10.00 am	£24.40/£29.40	£30.50/£36.75
Stage 2 (5+)	9.00 - 9.30 am	£24.40/£29.40	£30.50/£36.75
Stage 3 (5+)	9.30 - 10.00 am	£24.40/£29.40	£30.50/£36.75
Stage 4 (5+)	9.00 - 9.30 am 9.30 - 10.00 am	£24.40/£29.40	£30.50/£36.75