

Extra Lessons

Accelerate your swimming achievements and consider these additional lessons to supplement your Swim School tuition.

Ask at your local pool (details overleaf) for further information.

1:1 Lessons

1:1 lessons are available a variety of times to suit the swimmer. Our individually tailored lessons offer accelerated improvements. This might be to address specific learning needs, build confidence for nervous swimmers or support fast progression for improvers.

Lessons for younger children

We run the following classes, designed to promote water confidence using a range of fun activities:

- Adult & Baby Toddler
- Adult & Child (up to 5 years)

For all adult and child sessions the adult is required to enter the water for the lesson. These lessons aim to improve the adult's confidence in handling their children safely in the water and to familiarise the children with the pool environment.



Lessons for adults

We offer lessons for adult beginners and improvers.

- Beginner classes are for non-swimmers with little or no water confidence, aiming to improve confidence in the water and swimming front and back crawl.
- Improver classes are for adults who can swim a minimum of 10m on their front or back. These classes aim to improve technique on front and back with an introduction to breast stroke, improving stamina and endurance.

Swimming Teachers needed!

Already a qualified swimming teacher or enjoy teaching your kids to swim?

Why not consider becoming a swimming teacher yourself.

Training courses are available and we are looking for swimming teachers to join our team.

For more information, please speak to a member of staff at the pool or email careers@fusion-lifestyle.com with your CV and covering letter demonstrating your passion for delivering excellent swimming tuition.

Memberships

Join our great value CHOICE Membership and Swim School is included for up to two children. Contact us for more information.

Your local centres are:

Brentford Fountain Leisure Centre

658 Chiswick High Road,
Brentford, Middlesex
W4 2RG

Heston Pool

Heston Road,
Heston,
Middlesex
TW5 0LW

Lampton Sports Centre

Lampton Avenue,
Hounslow, London
TW3 4EP

Hanworth Air Park Leisure Centre & Library

Uxbridge Road,
Hanworth, Middlesex
TW13 5EG

Isleworth Leisure Centre & Library

Twickenham Road,
Isleworth, Middlesex
TW7 7EU

New Chiswick Pool

Edensor Road, Chiswick,
London W4 2RG

Telephone: 0845 456 6675* * Calls from BT 5ppm, other providers may vary

If you need a translation, a **Large Print version** or a copy of this publication in another format please contact us at www.fusion-lifestyle.com.

We welcome your comments on our centres, programmes and services.

Please complete a comments form available in reception.

www.hounslow-leisure.com

Your Hounslow Leisure Centres are brought to you by London Borough of Hounslow in partnership with Fusion, an experienced sport and leisure management organisation. As a registered charity, Fusion continually reinvests to improve the sport & leisure on offer in your community.



London Borough
of Hounslow

Swim School

Learn to swim with us



In partnership with



Learn to swim with us in your local pool

The national governing body for swimming, the Amateur Swimming Association (ASA) has developed a comprehensive National Plan for Teaching Swimming (NPTS).

All our swim instructors follow this plan and as such we offer the very best in swim tuition from encouraging non swimmers to take their first splash to developing an advanced water competence.

To celebrate student's achievements as they learn, the ASA's awards structure applies. (see our frequently asked questions for details).

Under 5 years?

The NPTS starts with **FOUNDATION** a programme for developing early years water confidence encouraged through sessions such as 'parent and baby' and 'pre-school'. The emphasis is on the development of basic skills and an introduction to water and the swimming environment through fun and games.



5 years and over?

The NPTS goes on to set out stages of learning from 1-7 that teach students **FUNDAMENTAL MOVEMENT SKILLS** from basic water safety at stage 1 to developing a quality stroke technique for 100 metres at stage 7. Whilst our swimming lessons are open to people of all ages, these 7 stages have been developed by the ASA with an emphasis on learning through fun. They recognise that learning this way encourages swimmers to continue with the lesson plan. Also as research shows, go on to live an active and healthy lifestyle with a greater likelihood of participation in sport & fitness throughout their lifetime.



The ASA's National Plan for Teaching Swimming

At each stage of the ASA's NPTS, 11 skills are crucial. Given this, all outcomes for the current stage must be comfortably achieved prior to moving on to the next. All swimmers advance at a pace individual to them and the ASA's NPTS Awards link to each of the 7 stages.

1

Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use aids, e.g. arm bands, floats etc.

2

Developing safe entries to the water, including jumping in, basic floating, travel and rotation unaided to regain upright positions. Swimmers may use aids, e.g. arm bands, floats etc.

3

Developing safe entries including submersion, travel up to 10 metres on the front and back, progress rotation skills and water safety knowledge.

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 the ASA.

5

Developing 'watermanship' through sculling and treading water skills, and complete rotation, also performing all strokes to the given standard as directed by the ASA.

6

Developing effective swimming skills including coordinated breathing; developing the water safety aspects and understanding of preparation for exercise.

7

Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routine and complete successfully an obstacle course that combines a variety of skills accomplished throughout stages 1 – 7.

Achieved Stage 7?

Once swimmers have developed the core range of skills required to be confident, competent and safe in water through stages 1 – 7, there is a choice to then take part in a variety of different aquatic disciplines in the **FUNDAMENTAL SPORT SKILLS** stages.

These stages 8 – 10 of the NPTS are available in the disciplines of competitive swimming, water polo, synchronised swimming, diving and rookie lifesaving for juniors.

Please check with your local pool to see which FUNDAMENTAL SPORTS SKILLS stages are currently available.

Frequently asked questions

What is the NPTS?

- It is the national syllabus produced by the national governing body for swimming, the Amateur Swimming Association (ASA) to assist and support the delivery of swimming lessons.
- It is a single pathway for swimmers to learn how to be competent and confident in the water.
- It is a 'multi skill' programme for children to become proficient in water. Once competent in water, they are able to participate in a range of aquatic sports such as competitive swimming, diving, synchronised swimming, water polo, rookie lifesaving & triathlon.

What awards or stages are included in the NPTS?

- The NPTS includes Foundation Phase (Adult & Child, ASA Duckling Awards), plus there is an additional phase of Alpha Awards between Foundation and NPTS stage 1 to support adults lacking water confidence or to support for those with a disability.
- The core, **FUNDAMENTAL MOVEMENT** skills are NPTS stages 1 – 7.
- The **FUNDAMENTAL SPORT SKILLS** are the discipline specific stages 8 – 10 and include an introduction to competitive swimming, diving, water polo, synchronised swimming and rookie lifeguarding.

When does a swimmer achieve an award?

- A swimmer must pass all outcomes for a stage before they can achieve an award.
- The outcomes **MUST** be performed to a standard that is stipulated by the ASA NPTS.

When does a swimmer move into the next group?

- Swimmers move up to the next group when they have passed an NPTS stage.
- Swimmers do not need to wait until the end of a term to move groups.

What happens after a swimmer has completed ALL stages of the NPTS? (up to and including stage 10)

- You will be signposted to local clubs and local initiatives that offer progression opportunities.

How long will it take to pass each stage?

- This will vary with every swimmer.
- If a child has the experience of pre-school or adult and child sessions then he / she may move faster initially through the NPTS stages 1 & 2 as they will be familiar with the environment and possibly confident in the water.
- Swimmers must be competent in all outcomes at each stage. Stages have 10+ outcomes so it does take time for swimmers to progress to the next stage.

Why might swimmers be playing games instead of swimming widths / lengths?

- Through games, swimmers have FUN and learn important skills. If swimmers are having FUN they enjoy what they are doing and often learn faster.

Is there any literature I can read on the NPTS?

- A Parent's Guide to the NPTS is available to buy in centre. Further information is also available on the ASA's website www.britishswimming.org or by calling their Awards Centre on **0800 220292**.