

<p><u>+ASA Stage 1</u></p> <p>In Stage1 of the ASA swimmers will learn to develop basic movement skills, water confidence and safety awareness. They will be able to use aids e.g. arm bands and floats to help complete this stage.</p>	<p><u>ASA Stage 2</u></p> <p>During stage 2 swimmers will develop safe entries to the water and will continue to practice floating, travel and rotation. Aids will still be used.</p>
<p><u>ASA Stage 3</u></p> <p>During stage 3 pupils will work towards being able to swim 10m on their front and back. They will be able to swim under water to collect objects from the bottom of the pool. Rotation skills and water safety knowledge will also be developed.</p>	<p><u>ASA Stage 4</u></p> <p>During stage 4 pupils will focus on refining kicking techniques for all four strokes and develop a better understanding of buoyancy</p>
<p><u>ASA Stage 5</u></p> <p>In Stage 5 swimmers will focus on swimming all four strokes to the ASA expected standards. Swimmers will also develop skills in sculling, treading water and complete rotation.</p>	<p><u>25M Stroke development class</u></p> <p>Our stroke development class develops pupils who have progressed from the 5 Metre Improver class, focusing on refining their technique and building endurance with the development of new swimming skills.</p>
<p><u>RLSS NPLQ</u></p> <p>The RLSS UK National Pool Lifeguard Qualification (NPLQ) is the most awarded lifeguard qualification recognised in the UK, Ireland and internationally. The NPLQ covers all elements of Pool Rescue Techniques, Lifeguarding Theory, First Aid and CPR. The course is physically demanding and will include swimming to set times, lifting casualties and diving to the deepest part of the swimming pool.</p>	<p><u>Rookie</u></p> <p>Rookie Lifeguard scheme promotes water safety and teaches children how to take care of themselves, their family and friends. The awards contains survival, rescue and sports skills as well as life support and water safety elements, all delivered in a fun and exciting way. It is a progressive course starting with Stage 1 of the Bronze Award and progressing through to Stage 3 of the Gold Award</p>
<p><u>Fives Star Fish</u></p> <p>An introduction to the pool for 5 year olds, making a splash and learning through play.</p>	<p><u>Flipper & Fun Snorkel Club</u></p> <p>A fun class with an introduction to using snorkelling equipment. (Equipment not provided)</p>
<p><u>Baby Splash</u></p> <p>In the baby splash class baby and parent will be encouraged to learn fun based water activities i.e. submersion, breath control, floating and movement. Teaching you to teach your baby how to be water confident through sing a long actions & movement, helping to build water confidence & breathe control.</p>	<p><u>100M Skill Class</u></p> <p>The 100 Metre skills class is suitable for 100 metre swimmers who are competent in deep water. This Class is designed to teach pupils how to be safe in or around water, with an introduction to basic Lifesaving techniques, endurance & development of swimming skills.</p>
<p><u>Beginners Breast Stroke Class</u></p> <p>The aim of this course is to improve water confidence and introduce movement through water. Throughout the course the instructor will commence each class with confidence exercises, progressing to Breast Stroke leg only practices and full stroke practices.</p>	<p><u>Breast stroke improver Class</u></p> <p>To enrol in the Breast Stroke Improvers classes Children MUST hold the 5 metre badge. The instructor will concentrate on improving the overall Breast Stroke technique, confidence and stamina of the children.</p>
<p><u>Adult Improvers/front crawl class</u></p> <p>The aim of this class is to further develop overall swimming confidence, provide the opportunity to learn a new swimming stroke (front crawl), improve technique and introduce breath control.</p>	<p><u>Adult Beginners Breast stroke/front crawl class</u></p> <p>In the Adult learners course we aim to improve your water confidence, teach you how to float, introduce you to the Breast Stroke or front crawl and hopefully have you swimming by the end of the course.</p>
<p><u>One to One Classes</u></p> <p>These classes provide the opportunity for personal swimming instruction, offering the service of one instructor to one pupil. Pupils will receive personal tuition from the instructor in the water for a 30 minute class over 4 consecutive weeks/ days. These classes are ideal for those lacking in confidence or if you are keen to learn to swim in a short period of time.</p>	

*We advise pupils to come to the pool between each lesson and practice what they have been taught
 *Parent/Carers of children must remain in the swimming pool viewing area throughout the lesson

Fermanagh Lakeland Forum **Swimming Programme**



January – March 2016

Take the plunge in 2016 whether learning or improving skills the Fermanagh Lakeland Forum offer a wide range of swimming classes

For further information please contact the Lakeland Forum
Reception Telephone 028 6632 4121 or e-mail
flf@fermanaghomagh.com

Day	Class	Time	Pre-Requisite	Age	Cost	Dates
Mon	ASA Swimming Badges- Distance Awards	3.30-4.30pm	None	/	£1.80	Ongoing
	ASA Stage 2	5.15-6.00pm	5M Badge	6Yrs+	£44 8weeks	Course 1: 04/01/16 – 22/02/16
	One to One	6.45-7.15pm 7.15-7.45pm 7.45-8.15pm 8.15-8.45pm 8.45-9.15pm	None	5Yrs > Adults	£60 4weeks	Course 1: 04/01/16 - 25/01/16 Course 2: 01/02/16 - 22/02/16
	RLSS NPLQ Royal Lifesaving National Pool Lifeguard Course	7.00-10.30pm	Complete Fitness Assessment	Must be 16Yrs by Assessment Date 20/03/16	£250 12wks	Course 1: 04/01/16 - 14/03/16 Includes Thursday10/03/16 Final assessment Sunday 20/03/16

Day	Class	Time	Pre-Requisite	Age	Cost	Dates
Tues	ASA Stage 1	4.00-4.45pm	Beginner	6yrs+	£44 8 weeks	Course 1: 05/01/16 –23/02/16
	ASA Stage 2	4.45-5.30pm	5M Badge	6yrs+	£44 8 weeks	Course 1: 05/01/16 –23/02/16
	One to One	3.45-4.15pm 4.15-4.45pm 4.45-5.15pm	None	5yrs> Adults	£60 4 weeks	Course 1: 05/01/16 –26/01/16 Course 2: 02/02/16 –23/02/16 (Over 4 Consecutive weeks)
	Rookie Bronze	6.30-7.15pm	200M Badge	7yrs+	£46 8 weeks	Course 1: 05/01/16 -23/02/16
	Rookie Silver	7.15-8.00pm	Rookie Bronze 3	7yrs+	£46 8 weeks	Course 1: 05/01/16 -23/02/16
	Rookie Gold	8.00-8.45pm	Rookie Silver 3	7yrs+	£46 8 weeks	Course 1: 05/01/16 -23/02/16
	Adult Improvers Front Crawl	8.45-9.30pm	Swim a little	18yrs+	£56 8 weeks	Course 1: 05/01/16 -23/02/16
	Aqua Jog	9.30-10.15pm	Swimmer	18yrs+	£4.00	Ongoing

Day	Class	Time	Pre-Requisite	Age	Cost	Dates
Wed	Lunch Time Beginners	12.45-1.30pm	Non Swimmer	18yrs+	£50 8weeks	Course 1:06/01/16-24/02/16
	ASA Stage 3	3.45-4.30pm	10M Badge	6yrs+	£33 6weeks	Course 1:06/01/16-24/02/16 (excluding 27/01 & 17/02)
	ASA Stage 4	4.30-5.15pm	ASA Stage 3	6yrs+	£33 6weeks	Course 1:06/01/16-24/02/16 (excluding 27/01 & 17/02)
	ASA Stage 5	5.15-6.00pm	ASA Stage 4	6yrs+	£33 6weeks	Course 1:06/01/16-24/02/16 (excluding 27/01 & 17/02)

Day	Class	Time	Pre-Requisite	Age	Cost	Dates
Thur	Lunchtime Adult Beginner/Improver	12.45-1.30pm	None	18yrs+	£50 8weeks	Course1:07/01/16–25/02/16
	Senior Citizen Drop In Fun Session	2.30-3.30pm	Senior Citizen	Senior	£1.50	On Going
	One To Ones	4.00-4.30pm	None	5yrs-	£60	Course 1:07/01/16-28/01/16

		4.30-5.00pm 5.00-5.30pm		Adult	4weeks	Course 2:04/02/16-25/02/16
	One To Ones	4.30-5.00pm 5.00-5.30pm 5.30-6.00pm	None	5yrs-Adult	£60 4weeks	Course 1:07/01/16-28/01/16 Course 2:04/02/16-25/02/16
	Flipper & Fun Snorkel Club	6.45-7.30pm	200M Badge	7yrs+	£44 8weeks	Course1:07/01/16–25/02/16
	Multi Stroke Class	7.30-8.15pm	25M Badge	7yrs+	£44 8weeks	Course1:07/01/16–25/02/16
	One To Ones	8.30-9.00pm	None	5yrs-Adult	£60 4weeks	Course 1:07/01/16-28/01/16 Course 2:04/02/16-25/02/16

Day	Class	Time	Pre-Requisite	Age	Cost	Dates
Fri	One to One	4.00-4.30pm 4.30-5.00pm 5.00-5.30pm	None	5yrs-Adult	£60 4 weeks	Course 1:08/01/16-29/01/16 Course 2:05/02/16-26/02/16
	Beginners Breast Stroke	6.15-7.00pm	Beginner	6yrs+	£44 8 weeks	Course 1:15/01/16 – 04/03/16
	5M Breast Stroke Improver Class	7.00-7.45pm	5M Badge	6yrs+	£44 8 weeks	Course 1:15/01/16 – 04/03/16
	25M Stroke Development Class	8.00-8.45pm	25M Badge	6yrs+	£44 8 weeks	Course 1:15/01/16 – 04/03/16
	100M Metre Skills Class	8.00-8.45pm	100M Badge	6yrs+	£44 8 weeks	Course 1:15/01/16 – 04/03/16
	Club Night- Exclusive pool usage available	8.45-9.45pm	Club details with Block Booking Form	/	On Request	On request, please contact reception

Day	Class	Time	Pre-Requisite	Age	Cost	Dates
Sat	Baby Splash	10.30-11.00am	Accompanied in the pool by an adult	4-12 months	£25 5weeks	Course 1:09/01/16-13/02/16 (excludes 16/01/16) Course 2:27/02/16-02/04/16 (excludes 19/03/16)
	Baby Splash	11.00-11.30am	Accompanied in the pool by an adult	4-12 months	£25 5weeks	Course 1:09/01/16-13/02/16 (excludes 16/01/16) Course 2:27/02/16-02/04/16 (excludes 19/03/16)
	Baby Splash	11.30am-12.00	Accompanied in the pool by an adult	1-2yrs	£25 5weeks	Course 1:09/01/16-13/02/16 (excludes 16/01/16) Course 2:27/02/16-02/04/16 (excludes 19/03/16)
	Baby Splash	12.00-12.30pm	Accompanied in the pool by an adult	2-4yrs	£25 5weeks	Course 1:09/01/16-13/02/16 (excludes 16/01/16) Course 2:27/02/16-02/04/16 (excludes 19/03/16)
	Baby Splash	12.30-1.00pm	Accompanied in the pool by an adult	2-4yrs	£25 5weeks	Course 1:09/01/16-13/02/16 (excludes 16/01/16) Course 2:27/02/16-02/04/16 (excludes 19/03/16)

