

Swimming lessons



Learn a skill that lasts a lifetime

*Lessons are held at Grundy Park Leisure Centre
and The John Warner Sports Centre*



**BOROUGH OF
BROXBOURNE**
www.broxbourne.gov.uk



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Welcome to **Bourne2Swim**

The Bourne2swim scheme operates at Grundy Park Leisure Centre and The John Warner Sports Centre. Our scheme has been designed to offer the highest standard of swimming tuition irrespective of age or starting ability. Bourne2Swim's unique range of swimming lessons are renowned for providing a safe and caring approach to producing competent swimmers in a supportive and enjoyable environment.

The educational method is based upon the use of progressive instruction and is nationally recognised as a leading swimming development scheme. Through the incorporation of the Amateur Swimming Association's (ASA) National Plan for teaching swimming, you can be assured of consistency in teaching standards and you will notice steady improvements throughout each course.



Why should I enrol my child on the Bourne2Swim Scheme?

Swimming is a great skill that will not only give your child greater confidence in the water, but regular swimming will improve health and increase fitness levels. Everything learned in the classes are beneficial skills which will last a lifetime.

All Bourne2swim instructors at Grundy Park Leisure Centre and The John Warner Sports Centre are ASA qualified and attend regular training seminars to ensure they have up to the minute information on all aspects of aquatic teaching. During each lesson the instructors work in or close by the water with small groups to ensure that individuals get the attention they require.

It's lots of fun, and is an excellent way for your child to make friends whilst increasing fitness!

What level is my child?

As the Bourne2swim scheme incorporates the ASA National Plan for teaching swimming, there is a clear pathway for progression. Children are assessed at the beginning of the course to determine what level they are at and will not be recommended to move up a class until they have achieved the required standards. This is important as children may lose confidence if they are put into a higher group where they are unable to complete the tasks. Likewise, confident swimmers will be grouped so that they are able to build on what they already know and develop technique.



Hats, badges and certificates

ASA badges and certificates are available to buy throughout the teaching term. These help show what level a child has reached and can also help to aid confidence and motivation throughout a course. Hats are given out free when you enrol on a course. The colours are issued according to classes and ability.



Tadpoles, frogs and beginners



Intermediates



Improver 1



Improver 2



Advance



Adults and Life saving



Swim Trainers

How old do you have to be to enrol and what sorts of lessons are on offer?

Junior lessons

The Bourne2Swim scheme offers a safe, clean and welcoming environment to enable those **from six months** to adult to have fun, develop aquatic skills and improve their quality of life through physical exercise and social interaction.

The scheme operates on a class level ability beginning with 'parent and baby sessions' for those aged from six months through to 'swim trainer' level who are competent (non-competitive) swimmers. Children progress through each level once they have achieved certain criteria. **We have lessons for all ages, from those who have never been in the water before to advanced swimmers.**

Bourne2Swim can accommodate those who are afraid of water or who have never been in the water before, swimmers who don't feel confident in the water and who need armbands, and those who are confident with their strokes that can swim from five metres up to 800 metres. We even offer lessons for swimmers with good technique or those who are interested in courses that offer first aid, personal survival and rescue techniques.



'One to One' junior lessons

One to one lessons are also available. If your child requires special attention or you are unable to attend lessons at the programmed times, it is possible to arrange one to one lessons at times which are mutually convenient, subject to availability.

For more information on one to one tuition, please ask at reception for times and booking requirements.

Adult swimming lessons

Adult swimming lessons also form part of the Bourne2swim scheme. It is never too late to start and not only do the adult lessons cater for the complete beginner but lessons are also available for the more advanced swimmer who wishes to refine their techniques or who are training for a specific event.

Its lots of fun, you'll meet some good people and it is a great way to help increase fitness!

Dates and prices:

Adult courses run on the same dates as in the table opposite, but prices are different:
(11 week course) Adult/swim trainer members £64.35, non-members £85.25
(14 week course) Adult/swim trainer members £81.90, non-members £108.50



One to one adult swimming lessons

For individual lessons please call the relevant centre for more information.

When can I start and how much does it cost?

Course dates	Monday 19 April - Saturday 24 July	Monday 6 September - Saturday 18 December	January 2011 - April 2011
Course duration (weeks)	13	14	14
Existing customer booking dates	Monday 22 February 2010	Monday 7 June 2010	Monday 1 November 2010
Members booking dates	Monday 22 March 2010	Monday 5 July 2010	Monday 29 November 2010
Non-members booking dates	Monday 29 March 2010	Monday 12 July 2010	Monday 6 December 2010
Junior members cost	£58.50	£63.00	£63.00
Junior non-member cost	£78.65	£84.70	£84.70
Last date for enrolment*	Monday 24 May 2010	Monday 4 October 2010	Monday 31 January 2011

*Students can enrol up until week five of the course

Our courses run for 39 to 41 weeks of the year in blocks of 9 to 15 weeks with time off during the main school holidays.

Sessions are available on weekdays, Saturday mornings and after school. At Grundy Park Leisure Centre, lessons are also available Saturdays, 4pm - 6pm.

For those who require top up lessons, **intensive crash courses** are available during the Easter, summer and half term holidays.

Discounts on swimming and swimming lessons Centre Membership

A centre membership offers up to a 33 per cent discount on courses and activities, including swimming lessons, taking place at either centre as well as offering an advance booking facility.

Centre membership prices

Children - £17.20, Adults- £33.35, Family- £63.50



How and when can I enrol onto the Bourne2swim scheme?

Swimming lessons are available at both Grundy Park Leisure Centre and The John Warner Sports Centre.

Existing customers have up to two weeks to re-book onto the next course before the courses are open to new centre members. New centre members then have a week to book onto the course before non-members. See the table on page 5 for these dates and future course dates.

Should the course have commenced already, pupils can join up until the end of week five and complete the term as normal.

If the scheme is in week six or more, simply complete the attached Bourne2Swim enquiry card and hand in at reception. You will be contacted immediately at the end of the course as spaces become available and be advised of booking on dates.

See the table on page 5 for all enrollment dates.

For more information and booking details, call your nearest facility:

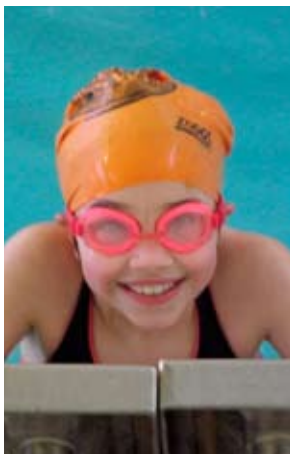
To book call

01992 623345

Grundy Park Leisure Centre

01992 445375

The John Warner Sports Centre



How do I get to the centres?

Grundy Park Leisure Centre

Windmill Lane, Cheshunt, EN8 9AJ

Car parking: Windmill Lane, Cheshunt Pay and Display car park (permits are given to students on the Bourne2Swim scheme)

Telephone: 01992 623345

Email: grundy.leisure@broxbourne.gov.uk

Web: www.broxbourne.gov.uk

The John Warner Sports Centre

Stanstead Road, Hoddesdon, EN11 0QF

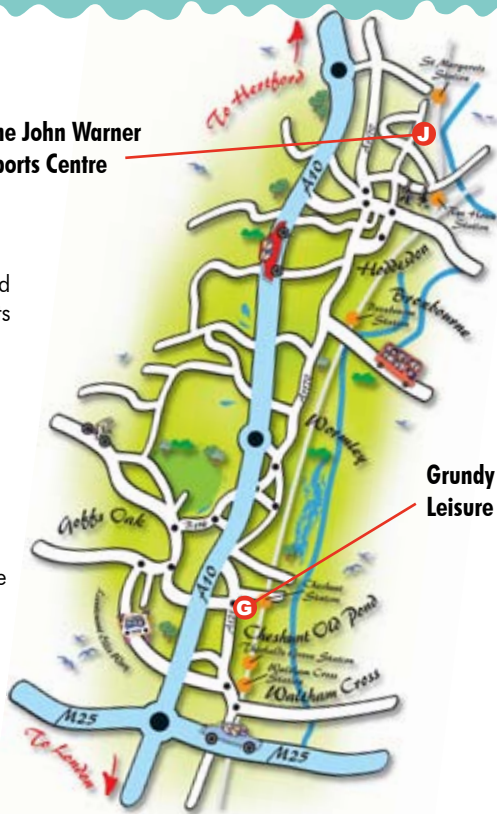
Car parking: At the centre and is free of charge

Telephone: 01992 445375

Email: jwsc.leisure@broxbourne.gov.uk

Web: www.broxbourne.gov.uk

The John Warner Sports Centre



Grundy Park Leisure Centre

Terms and conditions

1. Payment

Places cannot be reserved without full payment of the registration fee.

2. Use of facilities

The course fee is valid for the duration of the lessons only.

3. Refunds

The course fee is non-refundable, however, in exceptional circumstances, for example prolonged illness/injury; an application can be made to the Bourne2Swim co-ordinator, in writing, supported by a Doctor's note.

4. Priority bookings

All children on the Bourne2Swim Scheme have priority booking for the next course. However, due to the excessive demand for swimming lessons, any space not paid for by the end of the priority booking period will be re-allocated.

5. Poolside

Children attending the Bourne2Swim Scheme are not permitted into the poolside more than five minutes prior to the start of the class. Parents can view lessons from the dedicated viewing area only.

6. Appearance

For the safety of themselves and others, children must not wear jewellery during lessons. In addition, swimming caps issued as part of the Scheme should be worn for safety and to aid learning.

7. Cancellation

Occasionally it may be necessary to postpone lessons at short notice; credits will be made at the next re-enrolment. No refunds will be given.

8. Swimming teachers

Whilst every effort is made to ensure the named instructor teaches for the duration of the course, from time to time replacement teachers may be used to cover holidays and illness. All supply teachers are qualified to ASA standards.

9. Course variations

Please note that some lessons may not be available at all sites; please see a Bourne2Swim co-ordinator for specific enquiries.

10. Final decision

The decision of the Bourne2Swim co-ordinator will be final in all aspects relating to the swimming scheme.

Please note that information within this guide was correct at the time of going to print but is subject to change. For publicity purposes, photographs may be taken of customers in the leisure facilities. Please note that customers may only take photographic images within the Council's leisure facilities after obtaining permission from the centres' management.

Swimming Lesson Customer Enquiry Form

Personal details

Date:

Name of child:

Date of birth:

Address:

..... Postcode:

Home telephone: Mobile:

Email:

Please tick if you would like to receive any additional information on the below:

- | | | |
|---|---|---|
| <input type="checkbox"/> Gym | <input type="checkbox"/> Exercise classes | <input type="checkbox"/> Personal training |
| <input type="checkbox"/> Children's course | <input type="checkbox"/> Swimming | <input type="checkbox"/> Children's parties |
| <input type="checkbox"/> Shokk gym (8-15yr old) | <input type="checkbox"/> Spa and sauna | <input type="checkbox"/> Club activity |
| <input type="checkbox"/> Sports | <input type="checkbox"/> Bar functions | |

How did you hear about us? Please tick

- | | | |
|--|---|---|
| <input type="checkbox"/> Local newspaper | <input type="checkbox"/> Children and families brochure | <input type="checkbox"/> Posters/leaflets |
| <input type="checkbox"/> Word of mouth | <input type="checkbox"/> Website (please specify) | |
| <input type="checkbox"/> Other | | |

Friend referral: please write the details of a friend you think might be interested.

Name:

Address:

..... Postcode:

Home telephone: Mobile:

Email:

Please return to:

Grundy Park Leisure Centre, Windmill Lane, Cheshunt EN8 9AJ. Telephone: **01992 623345**
The John Warner Sports Centre, Stanstead Road, Hoddesdon EN11 0QF. Telephone **01992 445375**