



NAIRN LEISURE CENTRE

# SWIMMING LESSON GUIDE

Welcome to our Learn to Swim programme! At Nairn Leisure Centre, we have 6 stages in our programme. Our swimming lessons start at complete beginner level for ages 5+ and finish with the completion of Level 6. In addition to this we offer Love to Swim 1 to 1 or 1 to 2 lessons. Our aim is to give all swimmers who attend our swimming lessons water confidence while also learning a valuable life skill. We work from the Scottish Swimming Learn to Swim syllabus.



## LEARNING OUTCOME - SEAL LEVEL 1



- Understanding of basic pool rules
- Walking in water at shoulder level
- Enter and exit pool safely with assistance
- Float on front and back with aid and assistance
- Get face wet without submerging
- Blowing bubbles
- Regain feet from a floating position with an aid and assistance
- Kick on front and back with aid

## LEARNING OUTCOME - SEAL LEVEL 2



- Understanding of basic pool rules
- Pick up objects from the bottom of the pool in the shallow water
- Enter and exit pool safely with assistance
- Using a board/aid, float on back unassisted
- Bob up and down repeatedly, submerging body and blow bubbles through nose and mouth
- Roll 180 degrees from front and back then regain feet
- Kick on front with aid unassisted
- Kick on back with aid unassisted

## LEARNING OUTCOME - SWORDFISH LEVEL 3



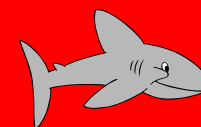
- Perform a surface dive
- Safe pool entry from a standing and sitting position
- Demonstrate a floating position on front and back for 10 seconds
- Push off wall and glide on front and back then regain feet
- Demonstrate rotary breathing, show head turning to the side to breathe
- Rotate 360 degrees without touching the pool floor.
- Demonstrate a freestyle arm action with a board for 5m
- Demonstrate a backstroke arm action with a board for 5m

## LEARNING OUTCOME - SWORDFISH LEVEL 4



- Using an aid, tread water using a cycling kick action and a breaststroke type leg action for 20 seconds.
- Demonstrate a handstand from the bottom of the pool
- Demonstrate a sitting dive and glide
- From a floating position, swim through submerged hoop
- Push off wall and glide on front and back holding glide for 2 metres
- Swim 5m freestyle breathing to side
- Swim 5m backstroke, tummy up
- Swim 5m froggy arms and legs
- Kick on front and back with board for 10m each

## LEARNING OUTCOME - SHARK LEVEL 5



- Demonstrate a forward somersault from a standing position
- Demonstrate a kneeling dive
- Demonstrate 3 different floating positions
- Demonstrate a good push off from the wall on front and kick in a streamlined position
- Demonstrate understanding of bi-lateral breathing
- Swim 10m freestyle breathing to side
- Swim 10m backstroke keeping head still
- Swim 10m on front showing breaststroke type actions

## LEARNING OUTCOME - SHARK LEVEL 6



- Tread water for 30 seconds keeping the head clear of the water and then swim 15m
- Surface dive and retrieve an object from the pool floor in deep water (1.8m)
- Demonstrate a kneeling dive and swim out
- Demonstrate a good push off with streamlining on front and back from good starting position
- Using a pool buoy scull 10m on front in a forward direction
- Swim 2 x 15m freestyle showing good technique without stopping
- Swim 2 x 15m backstroke showing good technique without stopping
- Using a kickboard, kick 2 x 15m breaststroke
- Kick 10m arms by side using a butterfly style undulating action
- Swim 4 x 10m each of freestyle and backstroke without stopping

**Swim Lesson Block dates!**  
**Wb 15<sup>th</sup> January – Wb 11<sup>th</sup> March 2024 (inclusive) - Excluding wb 19<sup>th</sup> Feb due to hol / in-service days on 19<sup>th</sup>-21<sup>st</sup> Feb**  
**Easter Hols: 29<sup>th</sup> March – 14<sup>th</sup> April 2024**  
**Wb 22<sup>nd</sup> April – Wb 10<sup>th</sup> June 2023 (inclusive) – Lessons scheduled Mon 6<sup>th</sup> May (PH) to run on Mon 17<sup>th</sup> June instead**  
**Summer Hols: 28<sup>th</sup> June – 18<sup>th</sup> Aug 2024**  
**Wb 19<sup>th</sup> August – Wb 7<sup>th</sup> October 2024 (inclusive)**  
**October Hols: 12<sup>th</sup> – 27<sup>th</sup> October 2024**  
**Wb 28<sup>th</sup> October – Wb 16<sup>th</sup> December 2024 (inclusive)**  
**Christmas Hols: 23<sup>rd</sup> December 2024 – 5<sup>th</sup> January 2025**

## CONTACT US:

High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish charity No. SC042593.

Like us on Facebook!



Email – [nairnleisurecentre@highlifehighland.com](mailto:nairnleisurecentre@highlifehighland.com)

Telephone – (01349 781500)

Address — Nairn Leisure Centre  
Marine Road, Nairn, IV12 4EA

Or, enquire at reception!



## LOVE TO SWIM

One-to-one lessons give you all the advantages of personal attention at all times to help you achieve your goals, or you can opt for a one-to-two lesson if you prefer to learn to swim with a friend.

If you're a High Life member, you enjoy significantly reduced rates. See participating leisure centres overleaf and more reasons why a High Life membership offers great advantages to the whole family!

LEARN / BUILD CONFIDENCE  
IMPROVE TECHNIQUE  
LOVE TO SWIM

ANYONE OF ANY AGE CAN TAKE THE PLUNGE  
WITH HIGH LIFE!

OUR ONE-TO-ONE  
LOVE TO SWIM LESSONS ARE FOR:

- Children on waiting lists who want to learn to swim.
- Swimmers wanting fast-track improvement in technique.
- Adults who've never learned.

Anyone who's not comfortable in the water and needs to build confidence

To sign up for Love To Swim, head to:  
[www.highlifehighland.com/leisure/love-to-swim-lessons/](http://www.highlifehighland.com/leisure/love-to-swim-lessons/)

### NAIRN LEISURE CENTRE

#### Health & Hygiene

Please ensure your child has showered before the start of their lesson. It's highly recommended that a child has one hour between eating a meal & the start of any swimming activity.

#### Viewing

Parents/guardians are invited to watch the swimming lessons from the viewing area.

#### Changing Rooms

Nairn Leisure Centre has separate Male and Female changing rooms, children 8 and over must use the appropriate changing room. If a responsible adult has to accompany the child, the specific changing room appropriate to the responsible adult must be used.

#### High Life cards

Your child must have a High Life card to take part in lessons. This can be either as part of an all-inclusive, pay as you go or budget membership. The card must be swiped every week at reception. Failure to do this will be recorded as a non-attendance and may result in your child losing their place.

#### Re-booking

Your child will automatically continue to be enrolled each term into the next block of lessons at the same time and day. If your child has completed a level please see our reception team to advise of the next steps. Please let us know if your child will not be returning to lessons so we may offer the space to someone else.

#### Absence

If your child is absent due to sickness etc. please notify reception before the lesson is due to start. Any child who misses 3 consecutive weeks, having failed to inform us in advance, may automatically lose their place.

#### Lockers

Can all Parents and Children please put all clothing in lockers during Swimming Lessons so that all cubicles are free for the next set of lesson times.

THANK YOU

#### Payment of Lessons

For pay as you go members, customers must pay for the block of lessons in advance prior to the start of their first lesson. Failure to do this may result in you losing your place within this programme.

#### Suitable Swimming Attire

Girls – One piece swim suits (preferably)  
Boys – Swim trunks or shorts  
We recommend long hair is tied back or in a swimming hat. It is also important that your child brings goggles with them each week.

#### Child Admission Policy

Please note that in accordance with industry guidelines, children under 8 must be accompanied by a responsible adult. Anyone who is responsible for a child under 8 must not leave the building during the swimming lesson. Children who are over 8 years old can use the facility unsupervised. High Life Highlands' responsibility for your child will commence at the start of the lesson and cease at the end.

## FREQUENTLY ASKED QUESTIONS