

One to One Lessons

If you would prefer, it can be arranged for you or your child to have private one to one lessons. Please ask at reception for availability. Lessons are 30min in length and are £20.00 per lesson. These lessons are more flexible than other lessons, depending upon the Teachers availability we like to arrange these lessons at your convenience.

Swimming Club

Formby Pool Trust is very excited to provide the opportunity for swimmers to continue their development by joining Formby's very own Swimming Club. Providing the perfect avenue for those wishing to progress into competitive swimming.

Adult Lessons

Here at Formby Pool we believe that it is never too late to learn to swim or to improve your strokes and techniques. We offer Adult Swimming Lessons for those who have never learnt to swim or aren't very confident. For those of you who are looking to improve your technique and use swimming as an alternative to spending hours in the Gym, we offer our Adult Masters Classes.

Adult Masters

Adult Masters Classes are essentially swimming for adults over 18 and encompasses the whole range of abilities from casual fitness swimming for those who want a workout to competitive swimming. The sessions cover all four strokes and aim to improve technique and stamina.

Join Anytime

As we run a programme of continuous assessment, pupils can join our lessons at any point during the year.

Our lessons run over 50 weeks of the year stopping only for Christmas, offering lessons every day of the week.

Direct Debit

The most cost effective method of payment for your lessons is through Direct Debit.

The Direct Debit price accounts for 49 sessions per year. As the swim school runs for 50 weeks per year, each pupil is allocated with 1 complimentary lesson to compensate for any lost lessons due to holidays. The price is calculated to account for the two week Christmas break.

Payments for swim school lessons can be paid via direct debit at the prices displayed below. Alternatively, courses can be paid for by cash or cheque in advance of the course and must be paid in one instalment. For more details regarding lesson prices or Direct Debit terms and conditions, please see below.

Prices Direct debit option now available.

PARENT & BABY AQUA

from **£24.50**
per month

PARENT & TODDLER AQUA

from **£24.50**
per month

SWIM SCHOOL

£23.85
per month

ROOKIE LIFEGUARD

£26.50
per month

ADULT SWIMMING LESSONS MASTER CLASS

£26.75 per month
£26.75 per month

ONE TO ONE LESSONS

£180
voucher for 10 lessons or
£20.00
per lesson

SWIMMING CLUB

£33.65
per month

If you require further information please see our reception team, call us on **01704 879 366** or visit our website www.formbypool.co.uk

formby pool

SWIM
SCHOOL

Providing Swimming
Lessons for all
ages and abilities!



www.formbypool.co.uk


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Your journey through aquatics



Here at Formby Pool, we believe that learning to swim is a journey that starts right from birth through to adulthood. The journey starts with the foundations designed for early years and water confidence, progressing to **FUN**damental movement skills which incorporate stages of the National Plan for Teaching Swimming (NPTS). Following this we move into the **FUN**damental Sports Skills, Stages 8 - 10 of the NPTS. We have a comprehensive range of classes to help take you through this journey.

Lesson Options

Parent and Baby Aqua

The first step in our journey, laying down the foundations. This is a class for both parent and baby. It is a fun session co-ordinated by an experienced teacher with lots of toys and nursery rhymes. It aims to build up the confidence of both the baby in the water as well as the parent's confidence with their child in the water.

Parent and Toddler Aqua

When children reach the age of 2 - 3 and-a-half years old, they can then join our fun Parent and Toddler classes, these classes build on the confidence the children have gained through Parent and Baby, and can now begin to learn the basic skills they will need to progress into both stepping stones and swim school, whilst still having the added comfort of having their parents with them in the water.



Swim School

This is where the journey really takes off as we start the **FUN**damental movement skills through Stages 1 - 7 of the NPTS.

Stage 1 Here children learn more safety awareness, basic movement skills and water confidence as well as the basics of all the strokes.

Stage 2 Here we develop safe entries into the water, basic floating, travelling and rotation unaided to regain upright positions.

Stage 3 At this stage, we start to develop safe entries including submersion, travelling 10m on both front and back, progressing rotation skills and water safety knowledge.

Stage 4 Once the swimmers have reached this stage, they are moving from being beginners to improvers. We start to develop the understanding of buoyancy, refining the kicking techniques for all strokes and swimming 10m, in all strokes to a given standard set by the ASA.

Stage 5 Here we develop 'watermanship' through sculling and treading water skills, and complete rotation. All strokes are performed to the given standard set by the ASA.

Stage 6 At this stage swimmers are moving from improvers to competent swimmers. We develop effective swimming skills including coordinated breathing; developing the water safety aspects and understanding of preparation for exercise.

Stage 7 It is here we develop quality stroke techniques up to 100m, incorporating skills learnt and combining them to develop a linked routine and successfully complete an obstacle course that combines a variety of skills learnt throughout Stages 1 - 7.



From this point we offer two different routes which the swimmer can choose for the next stage of the journey, **FUN**damental Sports Skills.

Competitive Swim

These are 45 minute lessons that follow Stages 8, 9 and 10. These classes prepare the swimmers for competitive participation in clubs and galas, as well as providing a great way to keep fit and healthy through aquatics.

Rookie Lifeguard

This is developed in association with the RLSS. It teaches basic personal survival and lifesaving skills and is split into 3 achievement levels: Bronze, Silver and Gold which are attained throughout the programme.

Alongside the NPTS stages, we also complete a number of other awards within our lessons. These are Rainbow distance awards from 5m upto 5,000m, Water skills 1 - 6 as well as Challenge and Personal Survival Awards.

