



# Bubble Super Swim Scheme Timetable

DAY	TIME	VENUE
<b>Ducklings</b>		
Thursday	10.15-11.15am	*Splash
Friday	9.30-10.30am	*Splash
<b>Pre-School</b>		
Monday	3.30-4.00pm	Forum
Monday	3.30-4.00pm	Splash
Monday	4.55-5.25pm	Forum
Tuesday	3.30-4.00pm	Forum
Tuesday	3.30-4.00pm	Splash
Tuesday	4.55-5.25pm	Forum
Tuesday	5.00-5.30pm	Forum
Wednesday	3.30-4.00pm	Splash
Wednesday	3.30-4.00pm	Thornaby Pool
Wednesday	3.45-4.15pm	Forum
Wednesday	4.00-4.30pm	Splash
Thursday	3.30-4.00pm	Splash
Thursday	4.00-4.30pm	Forum
Friday	3.45-4.15pm	Forum
Friday	3.45-4.15pm	Splash
Saturday	8.15-8.45am	Forum
Saturday	8.30-9.00am	Splash
Saturday	8.45-9.15am	Forum
<b>Non-Swimmers</b>		
Monday	4.00-4.30pm	Forum
Monday	4.00-4.30pm	Splash
Monday	4.20-4.50pm	Forum
Monday	5.00-5.30pm	Forum
Monday	5.00-5.30pm	Splash
Monday	5.30-6.00pm	Forum
Tuesday	4.00-4.30pm	Forum
Tuesday	4.00-4.30pm	Splash
Tuesday	4.20-4.50pm	Forum
Tuesday	5.30-6.00pm	Forum
Wednesday	4.00-4.30pm	Thornaby Pool
Wednesday	4.20-4.50pm	Forum
Wednesday	4.30-5.00pm	Splash
Wednesday	4.30-5.00pm	Thornaby Pool
Wednesday	5.00-5.30pm	Splash
Wednesday	5.30-6.00pm	Forum
Thursday	3.30-4.00pm	Thornaby Pool
Thursday	4.00-4.30pm	Splash
Thursday	4.30-5.00pm	Forum
Thursday	5.00-5.30pm	Thornaby Pool
Friday	4.20-4.50pm	Forum
Friday	4.15-4.45pm	Splash
Friday	5.15-5.45pm	Splash
Friday	5.45-6.15pm	Splash
Saturday	9.00-9.30am	Splash
Saturday	9.00-9.30am	Thornaby Pool
Saturday	9.15-9.45am	Forum
Saturday	9.30-10.00am	Thornaby Pool
Saturday	9.45-10.15am	Forum
Saturday	10.00-10.30am	Splash
Saturday	10.00-10.30am	Thornaby Pool
Saturday	10.30-11.00am	Splash
Sunday	9.00-9.30am	Thornaby Pool
Sunday	9.30-10.00am	Thornaby Pool
<b>Beginners</b>		
Monday	3.45-4.15pm	Forum
Monday	4.30-5.00pm	Forum
Monday	4.30-5.00pm	Splash
Tuesday	3.45-4.15pm	Forum
Tuesday	4.30-5.00pm	Forum
Wednesday	4.55-5.25pm	Forum
Wednesday	4.45-5.15pm	Forum
Wednesday	5.00-5.30pm	Forum
Wednesday	5.00-5.30pm	Thornaby Pool

DAY	TIME	VENUE
<b>Beginners continued</b>		
Wednesday	5.30-6.00pm	Splash
Wednesday	5.30-6.00pm	Thornaby Pool
Thursday	4.30-5.00pm	Splash
Thursday	5.30-6.00pm	Forum
Thursday	5.30-6.00pm	Thornaby Pool
Friday	4.55-5.25pm	Forum
Friday	4.45-5.15pm	Splash
Saturday	9.30-10.00am	Splash
Saturday	10.15-10.45am	Forum
Saturday	10.30-11.00am	Thornaby Pool
Saturday	10.45-11.15am	Forum
<b>Improver 1</b>		
Monday	3.45-4.15pm	Forum
Monday	4.30-5.00pm	Splash
Monday	5.00-5.30pm	Splash
Tuesday	3.45-4.15pm	Forum
Wednesday	4.00-4.30pm	Splash
Wednesday	4.30-5.00pm	Forum
Wednesday	4.30-5.00pm	Thornaby Pool
Wednesday	5.00-5.30pm	Thornaby Pool
Friday	4.00-4.30pm	Forum
Friday	4.00-4.30pm	Splash
Saturday	9.00-9.30am	Splash
Saturday	9.15-9.45am	Forum
Saturday	9.30-10.00am	Splash
Saturday	10.00-10.30am	Splash
Saturday	10.00-10.30am	Thornaby Pool
Saturday	10.30-11.00am	Thornaby Pool
<b>Improver 2</b>		
Monday	3.45-4.15pm	Forum
Tuesday	3.45-4.15pm	Forum
Wednesday	4.00-4.30pm	Forum
Wednesday	4.30-5.00pm	Thornaby Pool
Thursday	5.00-5.30pm	Thornaby Pool
Friday	4.00-4.30pm	Splash
Friday	4.30-5.00pm	Splash
Saturday	9.00-9.30am	Splash
Saturday	9.00-9.30am	Thornaby Pool
Saturday	9.45-10.15am	Forum
Saturday	10.00-10.30am	Splash
<b>Advanced</b>		
Tuesday	4.15-4.45pm	Forum
Wednesday	5.30-6.00pm	Thornaby Pool
Thursday	5.30-6.00pm	Thornaby Pool
Friday	4.30-5.00pm	Forum
Friday	4.30-5.00pm	Splash
Saturday	9.30-10.00am	Splash
Saturday	9.30-10.00am	Thornaby Pool
Saturday	10.15-10.45am	Forum
<b>Extensions</b>		
Monday	4.15-5.00pm	Forum
Tuesday	4.15-5.00pm	Forum
Thursday	4.15-5.00pm	Thornaby Pool
Friday	4.00-4.45pm	Splash
Saturday	10.00-10.45am	Splash
Saturday	11.00-11.45am	Thornaby Pool

## Adults Swimming Lessons

<b>Non-Swimmers/Beginners</b>		
Wednesday	4.30-5.15pm	Splash
Wednesday	7.00-7.45pm	Thornaby Pool
Friday**	9.00-9.45am	*Thornaby Pool
Friday	6.00-6.45pm	Forum
<b>Confidence Building</b>		
Wednesday	5.15-6.00pm	Splash
Wednesday	7.45-8.30pm	Thornaby Pool
Friday	6.45-7.30pm	Forum

### Ducklings 5 months - 3 years

Children must have completed their triple injections before joining swimming. Parents must accompany their child in the water. Classes are aimed at introducing parents and young children into the pool environment. Parents will be encouraged to play and splash in the pool with their children. This will aid to build the child's confidence, buoyancy and mobility within the water.

#### Awards...

Ducklings Awards One to Five

### Pre-School 3 - 5 years

This is designed to introduce young children into the pool environment alongside others. They will be encouraged to play and will also be taught the basic fundamentals of swimming on the front and back and will also learn new skills, which will allow the child to gain in water confidence.

#### Awards...

Duckling Awards One to Five

The following classes are aimed for children 5 years +

### Non-Swimmers

These classes are held in shallow water and are designed to introduce inexperienced swimmers to the water environment, developing water confidence and increasing the child's ease in the water. The main aim is focused to a great extent on informal play and the outcomes being an introduction to kicking and arm action, allowing children to develop a basic form of travel through the water. There is an introduction to simple water skills e.g. submerging and opening the eyes, basic push and glide on both the front and back and floating. They will also begin to have some work without floats.

#### Awards...

Puffin, NSA Levels One and Two, 5m Rainbow Distance Award, Front & Back Crawl

### Beginners

These classes are aimed at beginners and are held in shallow water. Children need to be confident at working without floats on the front and back. These classes are designed to further develop swimmer's confidence, with the majority of practices involving face submerged in the water. Children will become 'at home' on and under the water and skills will include developing control in water breathing. They are also designed to experiment and to develop an over-arm recovery action for both front crawl and backstroke. Breaststroke will be introduced and developed and also there will be a basic introduction to a dolphin leg kick.

#### Awards...

NSA Levels Three and Four, 10m Rainbow Distance Award, Front & Back Crawl

### Improver 1

Children need to be confident of deeper water. Emphasis on these classes is the introduction of alternating breathing technique, basic stroke technique in front crawl, back crawl and breaststroke, with a continuing emphasis on the importance of good streamlining and breathing control. Also there will be the introduction to the butterfly leg kick. This level introduces further aquatic skills such as underwater swimming, sculling and treading water. It will also include the introduction of sitting and standing dives.

#### Awards...

NSA Levels Five and Six, 25m Rainbow Distance Award, Front & Back Crawl

### Improver 2

The emphasis here is to consolidate aquatic skills and to teach controlled breathing, so that children can swim competently. They should also be able to demonstrate correct basic techniques on three of the four main strokes over the standard 25metres and on butterfly over 10 metres and to develop swimmers' stamina.

#### Awards...

NSA Levels Seven and Eight, 50m and 100m Rainbow Distance Award

### Advanced

This level is for those swimmers who have already achieved a basic competence in the fundamental skills and where the development of more efficient swimming will take place. There will also be the introduction to the early stages of training in competitive swimming and it also provides a basis for swimming as part of a healthy lifestyle and will also develop awareness in personal water safety and survival swimming.

#### Awards...

NSA Levels Nine, Ten, Eleven and Twelve

### Extension Awards

This class is designed for the more competent swimmer who wants to increase stamina and also wishes to learn new swimming related skills. Children will be able to develop a greater awareness and expertise in water safety and personal survival swimming and will also increase their stroke technique.

#### Awards...

200m, 400m, 600m, 800m, 1000m Rainbow Distance Awards, Swimming Challenge Bronze, Silver, Gold and Honours, Personal Survival Level One and Two

### Primary Schools

Children should have achieved 25m in Key Stage 2 and will have also covered various water skills and should be confident in deep water.

### Adult Lessons

If you are aged 16 years+ and have always wanted to learn how to swim these adult lessons are perfect for you! Suitable from those who are nervous in water to those who are petrified. Our teachers will help you gain confidence in water.

### Contact Lists

There are contact lists for each level within the scheme. This will enable parents to be contacted prior to enrolments and also if and when new classes are introduced.

\*These sessions are pay as you go

Timetable is correct at time of going to print and is subject to change. For most up to date timetable please visit our website [www.teesactive.co.uk](http://www.teesactive.co.uk) or contact one of our centres.

\*\*Term time only