

# swimming courses

Ipswich Borough Council offers a comprehensive swimming development programme which includes a range of swimming lessons, both at Crown Pools and Fore Street. These lessons range from babies up to adults that can't swim at all or that want to improve their swimming. The programme is designed to encourage children in a natural progression from course to course, firstly learning to swim and then with each course, developing new skills and techniques. The NPTS stage numbers shown on each course indicates our equivalent level of the ASA National Plan for teaching swimming.

## booking information

All swimming courses are for 8 weeks (30 minute lesson, once a week). To book your child

on a course for the first time, please phone us on 433655 to establish when booking is open to new members. You can then book over the phone using a credit or debit card or you can book in person at Crown Pools. Once your child is on the programme, we operate a priority booking system and you will be given an envelope by your teacher on week 5, which you must complete and leave at the pool that week to guarantee your place back on the same course.

course start dates	new customer booking dates
week commencing	
21.06.10	07.06.10
28.08.10	02.08.10
25.10.10	04.10.10
20.12.10	06.12.10

## water babies age 6 months to 2½ years

An introduction to the water promoting a secure introduction to the swimming pool environment. Parents/carers must accompany children in the water.

course	day	times	venue	cost
Water Babies (12 children in class)	Monday	09.00/10.00	Crown Pools	£34
	Tuesday	09.30/11.30	Crown Pools	£34
	Wednesday	09.30	Crown Pools	£34
	Friday	09.30/10.00	Crown Pools	£34

## tadpoles age 2½ - 3½ years

Aims to improve water confidence, get face wet and float unaccompanied. Starts basic float and water work. Parents/carers must accompany children in water.

course	day	times	venue	cost
Tadpoles (12 children in class)	Monday	10.30/11.00	Crown Pools	£34
	Tuesday	10.00/11.30	Crown pools	£34
	Wednesday	10.00/14.30	Crown Pools	£34
	Friday	10.30/11.00	Crown Pools	£34

## goslings age 3½ - 4½ years \* (NPTS stage 1)

Aims to successfully teach the basics of swimming at an early age suitable for those pupils who are water confident and ready for something more structured.

course	day	times	venue	cost
Goslings (8 children in class)	Monday	9.30/11.30	Crown Pools	£44
	Tuesday	10.30/11.00/13.00	Crown Pools	£44
		13.30/14.00/14.30	Crown Pools	£44
		10.30/11.00/13.00/13.30/14.00	Crown Pools	£44
	Friday	11.30/12.00/5.30	Crown Pools	£44
	Saturday	08.00/08.30/12.30/13.00	Crown Pools	£44

## ducklings age from 5 years \*(NPTS stage 1)

Aims to successfully complete front and back crawl style, push and glide on their front and back. Be able to jump into the water from the poolside, and blow bubbles for 5 seconds.

course	day	times	venue	cost
Ducklings (10 children in class)	Tuesday	17.00	Crown Pools	£34
	Wednesday	17.00	Crown Pools	£34
	Thursday	16.00/16.30/18.30	Crown Pools	£34
	Friday	16.30/17.00	Crown Pools	£34
	Saturday	09.00/09.30/10.30/11.30 12.30/13.30/14.00	Crown Pools	£34
	Thursday	16.00/17.00	Fore Street	£34
	Friday	16.00	Fore Street	£34
course	day	times	venue	cost
Personalised Ducklings (5 children in class)	Monday	16.00/16.30/17.00/17.30	Crown Pools	£48.50
	Tuesday	16.00/16.30/18.00/19.00	Crown Pools	£48.50
	Wednesday	16.00/16.30/18.00/18.30	Crown Pools	£48.50
	Thursday	18.00	Crown Pools	£48.50
	Saturday	15.00/15.30/16.00	Crown Pools	£48.50

## ducks \*(NPTS stage 2)

In addition to all of the Ducklings requirements, children must also be able to mushroom float for 5 seconds.

course	day	times	venue	cost
Ducks	Monday	18.00	Crown Pools	£34
	Tuesday	17.30/18.30	Crown Pools	£34
	Wednesday	17.30/19.00	Crown Pools	£34
	Thursday	17.00/18.00	Crown Pools	£34
	Thursday	16.00/17.00	Fore Street	£34
	Friday	16.00	Crown Pools	£34
	Friday	16.00	Fore Street	£34
	Saturday	10.00/11.00/12.00	Crown Pools	£34

## cygnet \*(NPTS stage 3)

Aims to successfully complete front and back crawls, with good co-ordination. Early breast stroke is introduced here as well as push and glide for 10 seconds.

course	day	times	venue	cost
Cygnet	Tuesday	16.30	Fore Street	£34
	Wednesday	16.00/17.00	Fore Street	£34
	Wednesday	16.00	Crown Pools	£34
	Thursday	16.00/16.30/17.00	Fore Street	£34
	Friday	16.30	Fore Street	£34
	Saturday	09.00/09.30/10.00/10.30	Crown Pools	£34

## swan \*(NPTS stage 4)

Aims to be able to swim on front and back, develop a good crawl style and breast stroke with correct technique. They learn to scull for 5 metres head and feet first and mushroom float for 10 seconds.

course	day	times	venue	cost
Swan	Tuesday	17.00	Fore Street	£34
	Wednesday	16.30	Fore Street	£34
	Wednesday	16.30	Crown Pools	£34
	Thursday	16.30/17.00/17.30	Fore Street	£34
	Friday	17.00	Fore Street	£34
	Saturday	09.00/09.30/10.00/10.30	Crown Pools	£34

## puffin \*(NPTS stage 4½)

Aims to successfully complete front and back crawl swims in a good style in deeper water, scull 10 metres head and feet first. Treading water is taught here.

course	day	times	venue	cost
Puffin	Tuesday	16.30	Fore Street	£34
	Wednesday	16.00/16.30	Fore Street	£34
	Thursday	16.30/18.00	Fore Street	£34
	Friday	16.00	Fore Street	£34
	Saturday	09.00/09.30/10.00/10.30	Crown Pools	£34

## penguin \*(NPTS working towards stage 5)

As well as the abilities of the Puffin level - the penguin aims to display an improved technique with correct breathing.

course	day	times	venue	cost
Penguin	Tuesday	17.00	Fore Street	£34
	Wednesday	16.30	Fore Street	£34
	Thursday	16.30/17.00	Fore Street	£34
	Friday	16.30/18.00	Fore Street	£34
	Saturday	9/9.30/10/10.30am	Crown Pools	£34

## heron \*(NPTS stage 6)

Aims to successfully complete 25 metre swims of each ASA recognised stroke. Swim 5 metres underwater and surface dive head and feet first. Surface dive and retrieve a brick from 1.5 metres and tread water for 2 minutes.

course	day	times	venue	cost
Heron	Tuesday	17.00	Fore Street	£34
	Wednesday	17.00	Fore Street	£34
	Thursday	17.30	Fore Street	£34
	Friday	17.00	Fore Street	£34
	Saturday	09.00/09.30/10.00	Crown Pools	£34

## flamingo \*(NPTS stage 6½)

Aims to successfully complete a straddle jump into the water and tread water for 1 minute. To complete a 5 metre underwater swim and 25 meters of ASA recognised strokes, plus 4 surface dives.

course	day	times	venue	cost
Flamingo	Tuesday	17.00	Fore Street	£34
	Wednesday	17.00	Fore Street	£34
	Thursday	17.30	Fore Street	£34
	Friday	17.30	Fore Street	£34
	Saturday	09.00/09.30	Crown Pools	£34

## ASA bronze challenge

Aims to be able to jump into water of at least full reach depth. Swim 10 metres, followed by a surface dive into water of at least full reach depth and swim underwater for 5 metres. Tread water in a vertical position for 3 minutes. To scull head first on the back for 15 minutes, with feet near the surface throughout and to swim 400 metres using two strokes. To be able to climb out of the deep end unassisted.

course	day	times	venue	cost
bronze	Saturday	10.30	Crown Pools	£34
	Wednesday	17.30	Fore Street	£34
	Friday	17.00	Fore Street	£34

## ASA silver challenge

Plunge dive into water of full reach depth and swim 100 metres in less than 3 minutes. Tread water for 2 minutes with one hand behind the back. Swim 10 metres immediately followed by two surface dives into full reach depth, one head first and one feet first, bringing an object to the surface each time. Scull head first on the back for 10 minutes and return by sculling 10 metres feet first. A horizontal position must be maintained throughout.

course	day	times	venue	cost
Silver	Wednesday	17.30	Fore Street	£34
	Friday	17.30	Fore Street	£34
	Saturday	11.10	Crown Pools	£34

## Golden Eagle \*(NPTS stage 7)

Aims to successfully complete a 50 metre swim of each ASA recognised stroke. Surface dives and swim 5 metres along the bottom of the pool. Tread water for 2 minutes with hands above head. Scull 10 metres head and feet first.

course	day	times	venue	cost
Golden Eagle	Saturday	11.40	Crown Pools	£34
	Wednesday	17.00	Fore Street	£34
	Friday	18.00	Fore Street	£34

## ASA gold challenge

To plunge dive into water of at least full depth, and swim 100 metres in 2 1/2 minutes using two different strokes. Tread water for 3 minutes with one hand above head throughout, although hand may be changed up to 5 times. Scull head first on the back for 10 minutes, move into a tucked position and turn 360° keeping the head above the water. Return to the starting point by sculling feet first with the feet at or near the surface and hands close to hips. To swim 10 metres, perform a somersault without touching the bottom and continue to swim in the same direction for a further 10 metres.

course	day	times	venue	cost
Gold	Wednesday	17.30	Fore Street	£34
	Friday	17.30	Fore Street	£34
	Saturday	11.10	Crown Pools	£34

## IBC achievement award ultimate

Consists of a number of difficult manoeuvres, in a role-play scenario of a helicopter crashing in the North Sea, following a mayday call.

course	day	times	venue	cost
Ultimate	Friday	17.30	Fore Street	£34
	Saturday	11.40	Crown Pools	£34

## ASA honours challenge

Straddle jump into full reach depth and swim 5 metres into a tucked surface dive to retrieve an object weighing approximately 2kg from bottom of the pool. Carry the object using backstroke or sidestroke for a distance of 20 metres to deposit it on poolside. Scull 10 metres head first on the back, complete a back somersault, finishing in a back layout position - perform a roll to take up a front layout in a fully extended prone position. Carry out a front somersault finishing in a front layout position, tuck and rotate backwards into a back layout position and continue to scull feet first for 15 metres. Swim 200 metres freestyle and perform surface dives twice head first and twice feet first - and on each surface dive swim through two hoops, 4 metres apart without surfacing at least 1 metre below surface.

course	day	times	venue	cost
Honours	Saturday	12.10 (50min)	Crown Pools	£48.50
	Friday	18.00 (30min)	Fore Street	£34

## adult lessons

course	day	times	venue	cost
Adult-Beginners	Tuesday	18.00/18.40	Fore Street	£48.50
	Friday	18.30	Fore Street	£34
Adult-Imp.	Tuesday	19.20.20.00	Fore Street	£48.50

## ASA exit route choices

Adv. Swimmer	Thursday	19.00	Fore Street	£34
Transistion squad	Wednesday	17.00-18.00	Fore street	£48.50
Top Squad	Tuesday	17.00-18.00	Fore Street	£48.50
Elite Squad	Wednesday	18.00-19.00	Fore Street	£48.50
Rookie Lifeguard				
Bronze	Saturday	10.30	Crown pools	£34
Silver/Gold	Saturday	11.10	Crown pools	£48.50
Rookie	Wednesday	17.00	Fore Street	£48.50
Flip 'n' Fun	Thursday	17.30	Fore Street	£34
Synchro (aquafun)	Wednesday	16.15	Crown Pools	£39.50
	Saturday	10.00	Crown Pools	£39.50

## one to one lessons

These lessons must be booked by appointment only and are subject to programme availability, we will however, endeavour to accommodate a suitable time for you. They are mostly available at Crown Pools.

One to one	per half hour	half hour x 6
exclusive lessons	£17	£88

## swim camp school holidays

These day sessions are available to 25 metre+ swimmers only and include snorkelling, diving, rescue skills, fun time and more. Children are supervised all day - see our holiday info for full details or [www.teamipswich.com](http://www.teamipswich.com)