

Swimming class descriptions

Adult & child

Parents must go in the water with their children – classes are on Monday to Friday, only available at the Peak.

6-18 months - 9.00am – 9.30am – Class teachers use songs and play activities aimed at increasing the baby's water confidence. These classes also teach safe handling of babies in the water.

18-36 months – 9.30am – 10am – classes are more structured, developing water skills and preparing children for formal classes.

If you would like your child to attend pre-school lessons at any point, you must complete the Waiting List Enquiry Form on our website <http://www.activestirling.org.uk/active-stirling-waiting-list-form/> or call 0300 028 0101 to add to the waiting list for classes.

Pre-school classes at The PEAK only

For children aged 3-5 (until starting Primary 1). This class is based purely on age and not ability. These classes help to develop aquatic skills such as floating, breathing control and water confidence, all of which are essential for efficient stroke development. Children enter the water without parents. Teachers use games and songs to encourage children, whilst developing basic strokes and skills.

When children are school aged they will be moved up to the next level of class dependent on availability. A letter will be sent/handed out to the child advising when time to move to the next level.

Swim classes – levels 1 – 8

Swim classes take place at The PEAK 7 days per week and at local high schools (**Stirling, Wallace, Bannockburn and Balforn**) in the evenings and Saturday mornings.

Level 1 / 2

Level 1 / 2 introduces the young non-swimmer to the water environment. Establishes early floating and breathing practices and builds confidence around safe movement in the water. A child will be able to swim in the deep end without arm bands by the time they move to level 3.

Level 3

Level 3 is for children who can swim at the deep end without arm bands. This level incorporates stroke technique, through basic freestyle and backstroke practises. Flotation skills, underwater confidence and entering and exiting the water are reinforced and progressed.

Level 4

Swimming strokes are progressed further and early breaststroke pull is introduced. Treading water using different techniques and upside down tasks are developed.

Level 5

Basic tumbling and streamlining provide swimmers with the ability to refine their orientation and movement through the water. Fundamentals of swimming and kicking for a set distance are also introduced.

Level 6

Undulation and sculling techniques play a big part in level 6. Motor skill patterns on all 4 strokes are development, along with diving practises and general manoeuvrability through the water.

Level 7

Early endurance swimming practises and personal safety in the water are introduced in this level. Swimmers will be able to demonstrate full stroke technique in all 4 competitive strokes.

Level 8

Elements of rhythm are introduced to the stroke technique and development of streamlining, sculling, kick and pull are also a key part of level 8. Swimmers will have the necessary skills to pursue activity in any of the aquatic disciplines.

Additional swim programmes

Rookie Lifeguard

The Rookie Lifeguard programme is aimed primarily at children from 8 years old and above. The course, which has been designed by water safety specialists at RLSS UK, is designed to ensure that children have the essential water skills to keep themselves safe and knowledge of what to do in an emergency. The programme features swimming and lifesaving skills supported by water safety education, allowing participants to enjoy swimming as an activity and, vitally, to protect their lives should an accident occur in or out of the water.

1-2-1 Lessons

Active Stirling currently only offers 1-2-1 lessons during holiday periods. These 30 minute classes are aimed mainly at less proficient or less confident swimmers, however children (aged 5+) and adults of all ages and abilities are welcome. All lessons will be individually tailored to each individual's requirements.

Pre Club

Stroke Technique and endurance are developed further and competitive starts and turns are introduced in preparation for club swimming.

Members of this squad are selected from a trial. Trials for the Pre Club Squad are usually held in December and June.

Disability

Classes are available for beginners and intermediate level swimmers on Friday evening at Stirling High School. Water confidence and basic stroke development are the main areas of focus in these classes.

Adult Lessons

Adult classes are available at the Peak on Monday evening and Friday morning. There are only 3 spaces per class in order to allow the coach to teach key skills and stroke techniques, as well as tailoring the classes to meet individual needs.

Additional swim programmes – cont'd

Water based fitness classes

Exercising in the water gives you the same benefits as exercising on land. Cardio stamina, muscle building, and +weight loss can all be obtained from a water fitness class. Movement against water creates resistance that is similar to other resistance exercise such as weight lifting, exercise tubing and fitness machines. In addition the buoyancy of the water makes movement low impact creating less stress on the body.

Aquacise

This water based aerobics class brings many benefits to your training schedule. Whether you are looking to improve your heart and lungs or just get back to exercising Aquacise can help. Aquacise is one of only a few sports that can be undertaken by anyone, regardless of their height, weight build or size, pumping music, sociable surroundings and an alternative way to work all the muscles in the body, makes Aquacise an appealing option for all fitness abilities.

Aqua Jog

Aqua jogging is ideal for somebody returning to exercising after an injury or a long period of inactivity because they are so gentle on your joints. Aqua jogging maximises the benefits of running without all the bone and muscle stress.

As well as being ankle friendly, Aqua Jogging offers you a better workout with less effort. Water is about 800 times denser than air, so you can work harder, and burn more calories. But, the pressure of the water helps your heart out so you get the same intensity of exercise at a lower heart rate. In short, better results for less work.

***NEW CLASS* - Aqua Zumba**

Known as the Zumba®'pool party,' our Aquazumba programme gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aquazumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, this Aquazumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Additional swim programmes – cont'd

Swim Fit - (available from mid-October)

Swim Fit is designed to give customers a gym style workout programme for the pool and is suitable swimming ability levels.

There are 4 workout programmes available through Swim Fit, progressing from Health, to Competitive. The 4 categories of Swim Fit are:

Health – for the swimmer who wants to... improve their lifestyle through swimming

Shape up and Tone – for the swimmer who wants to... improve their body image and get in shape

Fitness – for the swimmer who wants to... go a little bit further or go a little bit faster

Competitive – for the swimmer who wants to... push the pace or train for a race

Swim Fit provides participants with a series of progressive session plans that can be done over the course of a number of weeks. **Swim Fit** sessions can be completed at any time during public swimming sessions at the Peak. This allows participants to have the flexibility to swim at a time that suits them.