



*In the Swim at Moray Council Swimming Pools  
Buckie • Forres • Keith • Lossiemouth • Speyside*

*Your guide to the  
Swimming Lesson Programme  
for all ages.*



**Sport and Leisure Office**  
**Telephone 01542 888055**

E-mail [sportandleisure@moray.gov.uk](mailto:sportandleisure@moray.gov.uk)

## **Introduction:**

Being able to swim has great benefits, both from a sense of physical well being and of course safety in and near water. Swimming is also an excellent way for children to exercise, enjoy the water, be with their friends and have fun.

Across the swimming pools in Moray we offer a similar lesson development programme which allows the children to progress from complete beginner level to accomplished swimmers. The structure of the programme is standardised in order that each pool delivers the same high level of teaching and the children can develop within the programme at their own pace.

This is achieved by running the lesson programme in 8 week teaching blocks, each one of which is assessed towards the end of the block.



The following information gives details of the lesson programmes, standards, group structure and other important aspects of the lesson programme.

## **Classes on offer:**

- ◆ Parent and child class
- ◆ Early confidence building
- ◆ Beginner class
- ◆ Improver class for back-crawl, front-crawl and breast-stroke
- ◆ Stroke development over greater distances
- ◆ Personal survival skills
- ◆ Early lifesaving skills
- ◆ Diving
- ◆ Adult classes for beginner and improver.

**Note:** Some of the activity classes offered may differ between pools and at certain times throughout the year there is an opportunity to attend some "specialised" classes such as canoeing / mask and snorkel etc.

## **Some safety points to consider:**

- Please ensure that your child is registered and collects a coloured band before each lesson.
- When children are not swimming they must hold onto the side of the pool with their head above water.
- Please ask your child not to run on the poolside as it can be slippery and an accident may occur.
- Parents are reminded it is their responsibility to ensure that accompanying children behave appropriately.

# Groups and Aims

## **Water Confidence**

This group will aim at introducing the pupils to the water. Emphasis will be placed on moving through the water on front and on the back, putting faces in the water, paddling, jumping in and general confidence building skills / games. Much of the work is done with the children wearing armbands.

## **Red Group (Beginner)**

The main practices will concentrate on swimming on the back and the secondary skill is for the children to experience swimming on their fronts. Push and gliding with the face in the water, stretching and floating will be an important feature and aim of the group.

## **Blue Group (Improver)**

The main emphasis of the lesson will be to develop a good style of full stroke back crawl. The secondary skill of this group is to work on their fronts to develop at least a front paddle with the face in the water as much as possible.

## **Yellow Group (Improver)**

Concentration on the full-stroke front crawl with the breathing action being developed. The lesson will also contain an element of other skills in preparation for the more advanced groups.

## **Green Group (Advanced)**

Development and consolidation of the breaststroke is the main element of this group. The opportunity is also taken to ensure the other stroke techniques are maintained.

## **Activity Classes (Advanced)**

The content and skills of these groups are available at each facility and will be explained when the children are ready to move onto this level. It is possible for the children to complete a number of the activity groups.

## **Assessment Process**

The children are assessed in each group on a regular basis, which is normally towards the end of the lesson block. The standard set for each of the main stream groups is:

### **Water confidence**

To gain confidence in the water and will involve the demonstration of some basic propulsive movements before moving to a red group.

### **Red group**

To confidently swim one width back flip lying flat pushing tummy up with legs kicking from hips and then swim across pool on front with legs kicking holding a float.

### **Blue group**

To confidently swim one width back crawl with good technique and then complete a width on the front with face occasionally in the water.

### **Yellow group**

To confidently swim one width front crawl with breathing showing good technique.

### **Green group**

To successfully swim breaststroke in good style.

## **Lesson Blocks**

The lesson blocks normally follow the school term times and are divided into five equal blocks of eight weeks per year. The lessons carry on during school in-service days and local holidays but do not run on a weekly basis during the school holidays. Crash course lessons i.e. five consecutive days at a time operate during the school holidays.

## **Registration / Booking**

Bookings and registration can be made at any time by calling into the facility or by telephone. Details of your child's name, address, date of birth and any medical condition that affects him or her is required when registering. There may be times when a waiting list is in operation for the lessons but generally these are kept to a minimum.

## **Payment**

Lessons have to be paid for in advance of the block starting and normally this would be on the first week of the block. In circumstances where you may find it difficult to meet the cost of a whole block for one or more children, arrangements can be made to overcome this. Due to the popularity of the lesson programme and the demand for places, missed lessons will not be credited. In special circumstances such as hospitalisation, broken limbs etc. an exception may be made.

## **Further Information**

For any further information on the lesson programme, standards, assessments etc. the contact points are:

### **Buckie Leisure Centre**

Telephone 01542 832841

### **Forres Swimming Pool and Fitness Centre**

Telephone 01309 672984

### **Keith Swimming Pool**

Telephone 01542 882222

### **Lossiemouth Swimming Pool**

Telephone 01343 815299

### **Speyside Swimming Pool**

Telephone 01340 871641

### **Sport and Leisure Office**

**Telephone 01542 888055**

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