

We will be returning to swimming lessons in a phased approach starting on Monday 21st September

Teachers will firstly be returning to teaching swimming lessons offering 1:1 Swimming lessons or can do a 2:1 swimming lesson for siblings or children within the same bubble and similar abilities. We will also look to restart group lessons for Aquastar 3,4 & 5 and Aquababies. We will then be looking to start Aquastar 2 then followed by Aquastar 1 then Aquatots.

Initially things will look different to what you are used to. In order to meet Government guidelines and recommendations from Swim England, we've had to make significant changes to our swim lesson programme that has meant some lesson times have had to change. This is a learning curve for us all so we do ask parents to bear with us while we work hard to get our lessons back up and running as fast but also as safely for our staff and your families as we can. If you have any concerns, then please get in touch with me.

The following procedures and changes will be in place and will be continually reviewed and monitored. Your child/ren safety and enjoyment is our top priority so we will adapt when and where we feel necessary.

Entry and Exit into the Centre

- There will be a separate entrance and exit for swimming lessons both will be clearly signposted.
- Only 1 parent will be allowed to attend per child. We request whenever possible no other children are accompanying parent. We understand that in some instances this is not possible so would either ask if you can wait in the car during the lesson or if absolutely necessary the child must remain in the seat in the viewing area. This
- Please arrive no more than 10 minutes before your lesson and only enter the pool building when directed to or at the time of your lesson. If you are early, please remain in your car. If you arrive after the scheduled start time of your lesson you may not be able to join the lesson.
- Temperature of all those who enter the building will be taken. This includes staff and children. If a temp of 38.9 degrees is recorded entry will not be permitted.
- It is important that Children arrive 'beach ready' this is where their swim kit is underneath clothes.

Swimming Lesson content and structure

- During the first few weeks of lessons we will not be assessing or making movements to higher stages. Following the extended break our teachers will focus on revisiting the core competencies for the stage your child is currently in. Once children have had time to adjust and settle in the new lesson format, we will restart assessing children and recording their progress.

- Teachers will teach from poolside ensuring distance from children. There will be no teachers in the water for the time being
- To ensure the safety of all participants we require children in Aquatots and some Aquastar 1 lessons to be accompanied in the water by one adult. Armbands or other swimming aids maybe used.
- and or a parent/carer may be required to enter and assist their child in the water. This will be discussed with you before booking in.
- The location of your child's swimming group may have changed to pre Covid lessons. This will be for the safety of the swimmers and our staff. You will be informed the location of your child's lesson will be when booking is confirmed.
- Class sizes will be reduced to allow space and distancing for swimmers
- Lessons will be tailored to allow for children's social distancing. Markers will show children their swimming area and lessons will be adapted to ensure children are kept distanced
- Class duration may be reduced slightly to allow teachers time to swap classes over and to clean area and equipment

Social Distancing and Cleaning

- All equipment will be disinfected and cleaned between classes.
- Staff will be continually cleaning the changing areas and touch points.
- You must maintain social distancing of 2 metres where possible and please do not congregate in groups.
- If your child needs support, first aid or rescue whilst in the water or poolside, social distancing guidelines will be suspended.
- Hand sanitiser will be available and required to use by both parent and child on entry and exit

Changing

- Changing rooms will not be available at the start of the lessons. Children and parents will be allocated a space to get changed quickly before lessons
- Teachers are unable to help with goggles. Please make sure these are on before the lesson starts.
- Changing rooms will be available after lessons however we ask parents to be prepared to 'dry and go' at the end of the lesson. We suggest coming prepared with a onesie or dressing gown for a quick change and exit. This is to reduce the amount of time spent in the changing rooms and allow staff time to clean down ready for the next session
- Access to changing rooms will be across poolside. Therefore, Parents will be required to remove outdoor shoes when accessing changing rooms.
- Please be at the correct changing aisle at the end of the lesson to collect your child and make your way to the exit. Each swimming group will be allocated a changing aisle, and this will remain the same each week

Other things to note

- We anticipate the spectator area to be available for parents to watch if they wish however this will be monitored and we may allow viewing each week for a certain level and rotate this.
- If preferred parents can wait in their car and enter the building 5mins before the end of lesson to collect and change their child.
- **Face coverings will be required to be worn in the changing and viewing areas**
- Lockers and showers will not be available

Swimming Lessons Fees

1:1 Swim Lesson £18 per 30 min lesson

2:1 Swim Lesson £20 per 30 min lesson

Group Lessons £5 per child per week payable in a block

Please bear in mind that because capacities are reduced due to social distancing guidelines there is less choice than usual so please try to be flexible where possible. We do appreciate we are asking a lot and making a lot of changes, but this is required for us to be able to get children back into the water which is our main aim. We would thank you for your understanding of all these points and if there is anything specific here you would like to discuss please contact on the below details.

Many Thanks

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