

Adult & Child sessions for parents/carers with children aged 6 month to pre-school.

The adult gets in the water with the child.

This is not a taught session but a member of staff will be available to give advice if required. Toys will be readily available and nursery rhymes will be playing through out the session, many of which are action songs adapted for the swimming pool. Parents who bring children to this session automatically receive a place in the duckling programme when old enough without having to go on the waiting list.

Older siblings are welcome to attend this session during the school holiday when it will become a family swim (adults must attend with the children).

The pre-school 'ducklings' class is for children of nursery age (approx 3 yrs) who are capable of receiving instruction and eager to be independent. Adults should come with their swim kit just in case they're needed but the aim is to get the children used to be in a structured lesson without parent. This is part play/ nursery rhymes and basic floating & swimming skills. The instructors get in the water with this class. This class is 30 minutes in duration.

Children can join mainstream lessons once they have started full time at primary school.

The instructors get in with some of these classes.

We encourage 2 stages within the same class at the lower ability levels as they can easily be taught in the same class & the skills are closely linked. Also, we like children who have achieved stage 1 to collect a few stage 2 ticks before moving to the stage 2 – 3 class as the workload is harder. All lessons up to stage 3 are for a 35 minute duration. The stage 4 & 5 class is of 45 minute duration as we need to work harder on stroke techniques. Once pupils have achieved stage 5/6 they should move to a larger pool where they can develop their strength by swimming longer lengths. Chapelton Baths (2570354) & Stocksbridge Leisure Centre (2883792) are both good feeder sites as they feed into a swimming club based at the pool.

Even though we can't deliver stages 7 – 10 of the swimming badges, we can deliver stage 8 of water polo, diving (flip n fun) and synchro (aquafun) should children like to try something different.

The adult learners have a 1 hour session which includes the sauna/Jacuzzi if desired. This is an adult only programme and caters for frightened swimmers, non swimmers and improvers. We can't cater for better swimmers as the pool isn't big enough.

Monday

	STAGE	code	teacher
	Community use		
	Ducklings	HEM1	Steve
	Ducklings	HEM2	Steve
	1 - 2	HEM3	Steve
	2 - 3	HEM4	Steve
	1 - 2	HEM5	Steve
	2 - 3	HEM6	Steve
	4 -5	HEM7	Steve
	Adults only Swim, sauna, jacuzzi	HEM8	
	Adult learners	HEM9	Steve

Tuesday

	STAGE	code	teacher
	Community use		
	Ducklings	HET1	Steve
	Ducklings	HET2	Steve
	2 - 3	HET3	Steve
	1 - 2	HET4	Steve
	4 - 5	HET5	Steve
	Ducklings	HET6	Steve
	1 - 2	HET7	Steve
	2 - 3	HET8	Steve

Wednesday

	STAGE	Code	Teacher
	Adults only Swim, sauna, jacuzzi		
	Adult & Child	HEW1	Wendy
	Ducklings	HEW2	Wendy
	2 - 3	HEW3	Wendy
	1 - 2	HEW4	Wendy
	1 - 2	HEW5	Wendy
	4 - 5	HEW6	Wendy
	1 - 2	HEW7	Wendy
	2 - 3	HEW8	Wendy

Thursday

	STAGE	Code	Teacher
	Community use		
	2 - 3	HETH2	Helen
	Ducklings	HETH3	Helen
	1 - 2	HETH4	Helen
	1 - 2	HETH5	Helen
	2 - 3	HETH6	Helen
	4 - 5	HETH7	Helen

Friday

	STAGE	Code	Teacher
	Adults only Swim, sauna, jacuzzi		
	Adult & Child	HEF1	Steve
	Ducklings	HEF2	Steve
	4 - 5	HEF3	Steve
	1 - 2	HEF4	Steve
	2 - 3	HEF5	Steve
	1 - 2	HEF6	Steve
	Party bookings		

Saturday

	STAGE	Code	Teacher
	1 - 2	HES1	Claire
	Ducklings	HES2	Claire
	4 - 5	HES3	Claire
	2 - 3	HES4	Claire
	1 - 2	HES5	Claire
	Adult & Child	HES6	Claire
	Private bookings		

Sunday

	STAGE	Code	Teacher
	1 - 2	HESu1	Helen
	Ducklings	HESu2	Helen
	2 - 3	HESu3	Steve
	4 - 5	HESu4	Steve
	Private bookings		

Price List

Adult & Child	£3.00 per session
Ducklings	
Monthly Standing order	£20.00
Duckling 8-week block	£40.00
Child's swimming lessons	
Monthly standing order	£22.00
or 8-week block	£44.00
Adult lesson	£6.00 per lesson
Adult swim/sauna/Jacuzzi	
½ hour	£3.00 per session
1 hour	£4.00 per session
1 ½ hours	£5.00 per session
2 - 3 hours	£6.00 per session
Holiday family swim	£3.00 per child (adult is free)

This pool is available for private hire outside of programmed hours at £40 per 1 ½ hour including 1 lifeguard.

We also cater for children and/or adult party bookings – bring your own food.

Pamper sessions are available where you can combine beauty treatments with a swim, sauna and Jacuzzi.

**THIS TIMETABLE
WILL BE
OPERATIONAL
FROM
FEBRUARY 2009**

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Operating address c/o
The House of Elliott Swimming
Pool,
9 Penistone Rd,
Grenoside,
Sheffield, S35 8QH

**Come and join us in the
fun
of learning to swim!**



at
The House of Elliott

Swim Lesson Timetable



Swim School Member