

# Swim Academy Registration Form

|  |                                 |
|--|---------------------------------|
| First Name   |                                 |
| <input type="checkbox"/> Male  | <input type="checkbox"/> Female |
| Date of Birth  |                                 |
| Address  |                                 |
| Postcode   |                                 |
| Day Telephone  | E-mail Address                  |
| School   | Year Group                      |
| Swimming Experience  |                                 |
| Does the child/young person have any long term illness, health problem or disability that limits his/her daily activities? |                                 |
| <input type="checkbox"/> Yes   | <input type="checkbox"/> No     |
| If yes, please specify   |                                 |
| Emergency Contact  |                                 |
| Signature of parent/carer  | Date                            |

Link4Life

## CONTACT DETAILS

### HEYWOOD SPORTS VILLAGE

West Starkey Street  
Heywood  
OL10 4TW

Swim Co-Ordinator:  
Aly Cooper  
Tel. No. 01706 924000  
aly.cooper@link4life.org

### MIDDLETON ARENA

LCpl Joel Halliwell VC Way  
Middleton  
M24 1AG

Swim Co-Ordinator:  
Linda Burton  
Tel. No. 01706 923173  
linda.burton@link4life.org



### ROCHDALE LEISURE CENTRE

Entwisle Road  
Rochdale  
OL10 2HZ

Swim Co-Ordinator:  
Veronica Simpson  
Tel. No. 01706 924219  
veronica.simpson@link4life.org

## HOME PORTAL TRACKING

Link4Life

# WELCOME INFORMATION



## Welcome to the Link4life Swim Academy

It's great that you have joined our swimming lesson programme. We hope your child has lots of fun and enjoys learning to swim with us.

The lesson structure allows gradual progression and there is an exciting badge scheme in place to encourage your child along the way. Building confidence and developing basic skills such as breathing in the water, floating and simple movement are the foundation for moving on successfully to developing swimming strokes.

For those who have completed the learn to swim badges, there are a range of lessons for advanced swimmers developing strokes over greater distances and including more challenging skills including rescue techniques and timed swims.

No matter what your child's ability, there is something for everyone on our lessons.

Link4Life Swim Academy Team



## LEVELS

**STANLEY** 3-5 yr olds  
Non swimmer and beginners building confidence, learning aquatic breathing, floating and movement.

**OCTOPUS** 5-8 yr olds  
Non swimmer and beginner building confidence, learning aquatic breathing, floating and movement.

**GOLDFISH** 5-8 yr olds  
Developing correct stroke technique over short distances. (Front crawl, backstroke, breaststroke and butterfly.) Various entries and learning to treadwater

**ANGELFISH** Swim 20m across three strokes, swim butterfly, tread water, rescue activity

**SHARK** Swim 25m across three competitive strokes, perform head first and feet first surface dive and swim underwater 5m.

## ADVANCED SWIMMERS

**BRONZE** Swim 200m in 6 mins; swim 50m in 90 secs, scull head first and feet first

**SILVER** Swim 400m in 10 mins, swim 100m in 2 mins, 4 x 50m individual medley, sculling 15m, treadwater

**GOLD** Swim 400m in 8 mins, 100m in 90 secs, scull 25m treadwater for 2 mins

**PLATINUM** Swim 100m in 75 secs, swim 4 x medley within 4 mins, perform competitive front/back starts in to 100m swim, swim 25m egg beater leg kick, water safety and swim in clothes.

## BENEFITS OF OUR SWIM SCHEME

- Free public swimming for the child on the lesson
- Free swimming hat
- Progress tracking via Home Portal
- Great lessons with fun ways to learn to swim
- Spread the cost with the direct debit payment scheme and automatic enrolment



Link4Life is the trading name of Rochdale Boroughwide Cultural Trust. Registered Charity No: 1118610



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## Link4Life Swim Academy Terms and Conditions

1. The swimming lesson scheme is a continuous programme with a two week closure for Christmas. Lessons will not normally be scheduled on Bank Holidays. Due to the ongoing nature of the swimming programme we cannot guarantee lessons on any particular day or time.
2. Link4Life will endeavour to provide consistency in the teachers delivering lessons; however, there may be occasions when this is not possible. All teachers covering lessons will have necessary qualifications to deliver the relevant sessions.
3. When a swim lesson cannot be provided due to a swim teacher absence Link4Life will endeavour to give as much notice as possible of any cancellation. Refunds of fees will only be given if a swim lesson cannot be provided.
4. The lessons are not transferable or refundable except as stated in the T&C's.
5. Your lessons may be suspended at the discretion of Link4Life following a written request where:
  - a. Injury or illness prevents participation.
  - b. A medical condition not falling within 5a prevents participation and a medical certificate is produced.
  - c. Link4Life cannot guarantee upon return that there will be an appropriate space in a lesson for your child on their return.
6. Link4Life accepts no liability for breach of its obligations under this agreement, where that failure is attributed to:
  - a. The fault of the parent or pupil.
  - b. A third party unconnected with the provision of services under this agreement.
  - c. Events which neither the swim programme nor its suppliers could have foreseen or forestalled even if it had taken all reasonable care.
7. Safety is of the highest importance and any child who behaves in a disruptive manner may be asked to sit out of the lesson.
8. Link4Life reserves the right to amend direct debit payments; a 1 month advance notification will be given.
9. A monthly fee is payable either by direct debit or credits purchased cash at reception with a minimum of 10-credits purchased at any one time. The fee includes tuition, swim & spectator (one month's notice is required in writing to Link4Life on cancellation of swim membership after the minimum agreement term)
10. If I chose to purchase credits by cash, I fully understand that I must always remain in credit and top-up before the last credit runs out. Failure to do this will affect the place on the appropriate course.
11. Pupils should use the toilet and shower before entering the pool.
12. Parents should refrain from entering poolside to speak to the swimming teacher and any query or complaint must be made via reception and/or the comments box in the Atrium.
13. Replacement/alternative lessons will not be granted for lessons missed because of holidays or other commitments.
14. All requests to change swimming lessons must be made in writing to the Swim Coordinator at the centre your child swims at.
15. Children under the age of 8 years must be supervised at all times by a parent or guardian.
16. All viewing must be done from the spectator gallery.
17. All children attending lessons must wear an appropriate coloured swimming hat based on the level of lesson attended.
18. No jewellery must be worn.
19. Pupils must not enter the pool hall more than 5 minutes prior to their lesson time and then only if the swimming teacher or lifeguard are present on the poolside.
20. Link4Life integrates all pupils regardless of ability/disability, into its main stream swimming lessons.
21. It is advisable to use lockers provided via reception and a 1.00 refundable deposit is required.
22. Link4Life via Debit Finance Collections must be updated as soon as possible with any change of contract or bank details by contacting 01908 422 007
23. These Terms and Conditions may be changed at any time, under the discretion of Link4Life.

## FREQUENTLY ASKED QUESTIONS



### What ages does Link4Life Swim Academy cater for?

Most Health Visitors recommend waiting until after your baby has had their first course of immunisations (8 weeks) although Government guidelines suggest swimming in public pools does not pose a risk to younger babies. As long as the pool is warm enough it's ok to take a baby of any age swimming. Mums should not swim until after their 6 week check. The Link4Life Swim Academy will teach people of all ages from birth.

### What happens if my child doesn't progress or is slow to progress?

How can I find out why my child did not progress and can I pay for private lessons to enhance their progress?

All the lessons are managed in accordance with the Swimming Teachers Association's (STA) ILS programme with very specific criteria to be met prior to progress being made.

Progress can be viewed at [www.link4life.org/oncourse](http://www.link4life.org/oncourse).

There are opportunities within the Link4Life Swim Academy for students to 'top up' their skills in 1:1 or 1:2 lessons. There are also opportunities in our holiday swimming lesson programme with a 25% discount for direct debit payers.

### How do we enrol?

Contact your preferred Centre in person or by phone. You can enrol your child at Reception. Please note this is subject to availability and a waiting list is available for Your Link4Life Cardholders. You will need to complete the Swim Academy Registration Form.

Payment can be made by joining our direct debits scheme or by purchasing cash credits with a minimum of 10-credits purchased at any one time. Booking information is available from reception.

### When are the lessons?

The swimming lesson scheme is a continuous programme with a two week closure for Christmas. Lessons will not normally be scheduled on Bank Holidays. Due to the ongoing nature of the swimming programme we cannot guarantee lessons on any particular day or time.

### What can I do before the course starts & what does my child need to bring with them?

What Can I Do Before The Swimming Course?

Visit your swimming pool, practice in the bath and shower at home – anything that will get your face wet and get you used to having water on your face.

Inform us of any relevant information which may affect you taking part in a swimming class - this includes special needs, bad experiences in water, phobias, medical conditions, etc.

\*The Link4Life Swim Academy reserves the right to cancel classes and/or move students. In this event, all parents will be contacted and may cancel without penalty if there is not an acceptable alternative.

### What Do I Need To Bring?

Close fitting swimwear (avoid baggy straps on swimming costumes, long, baggy shorts and sun suits with stud fastenings, as they hold water), Swimming hat (provided on booking), goggles ensuring they fit correctly and medication with your name on it.

### How long after eating can my child attend their lesson?

This will depend on the size of the meal and how vigorous you intend to swim but basic good advice is not too eat for an hour before your lessons.

### What happens to my children's place(s) if we're on holiday / sick / injured / bad weather?

If your child is not well or if you are going to miss a number of weeks the credits/direct debit will still be taken and your place will be maintained if you are in credit. If you want to stop your credit/payments your child will be taken off the lesson system. In the event of an unforeseen closure all inconvenienced students will be credited the full value of their missed lesson.

### How do I keep my child motivated?

Every child booked onto the lessons will receive free swimming in any public, pay as you go swimming session so they can practice the skills and techniques they have been taught as part of their lessons. Badges and Certificates can be purchased from Reception.

### Are your teachers qualified and experienced?

All of the Academy's swimming teachers are STA Level 2 qualified (or hold the equivalent ASA swimming teacher's award) and hold a National Pool Lifeguard Qualification (or equivalent).

### Is my child safe?

The Link4Life Academy is managed in accordance with the child protection policies and procedures of Rochdale Council. All swimming teachers receive child protection training during their qualification course and every swimming teacher has been DBS checked as part of the recruitment process. Swimming staff of the Link4Life Swim Academy will be clearly identified by a distinct uniform.

### What will I get for my money?

Weekly high quality swimming teaching, running 50 weeks of the year. Your child will be given a coloured swimming hat in accordance with the level of their ability.



New hats will be issued when your child progresses to the next level.

Free swimming is available as above with progress available online.

### How do I make a complaint, comment of compliment?

Customer comments forms in which you can make a comment about any aspect of the Academy's operations can be found at the Leisure Centre reception. If you would like to make a complaint about the Link4Life Swim Academy this should initially be resolved by the sites management team. In the unlikely event that the issue is unresolved all complaints should be escalated to the Academy's management group.

### If my child has been sick or had diarrhoea how long should I leave it till they return to swimming?

If sickness or diarrhoea is a result of an infection then you should wait at least 48 hours after the last bout before returning to your lesson.

### What does my baby need to wear in the pool?

All children not potty trained will be required to wear approved swim nappies under their swimming costumes.

### Are there any discounts if I'm unemployed?

You may be eligible for a discounted rate under the Your Link4Life Extra Card scheme

### Will my children have the same teacher each week?

We will endeavour to provide consistency in the teachers delivering lessons; however, there may be occasions when this is not possible. All teachers covering lessons will have necessary qualifications to deliver the relevant sessions.