



PRE-SCHOOL LESSONS 3/4 YRS  
MONDAY 1.30 - 2.30PM  
WEDNESDAY 10.00 - 11.00AM

SWIM SCHOOL UNDER 6 YRS  
MONDAY 3.30 - 6.30PM  
WEDNESDAY 3.30 - 6.30PM

SWIM SCHOOL 6 YRS TO 16 YRS  
MONDAY 4.30 - 6.30PM  
TUESDAY 4.30 - 7.30PM  
THURSDAY 4.00 - 6.00PM

PRE-COMPETITION SWIMMING  
MONDAY 6.30 - 7.30PM

ADULTS SWIMMING LESSONS  
WEDNESDAY 9.00 - 10.00AM  
THURSDAY 6.00 - 7.00PM



Cold Overton Road, Oakham, LE15 6NU

Fearful in the water?

Too old for swimming lessons?

Swimming is real hard work?

If you answered yes to any of these questions,  
then our experienced instructors can help you.

From first gentle splash to confident swimmer,  
Catmose College Pool has everything.

Our top priority is to provide a relaxed and  
friendly environment for children and adults.

Please contact our Sports Centre reception and  
we will be happy to help you in any way we  
can.



SWIM  
SCHOOL

SWIMMING LESSONS  
TO SUIT ALL ABILITIES



FOR FURTHER INFORMATION CALL  
CATMOSE SPORTS CENTRE

01572 756181



Welcome to Catmose Swim School, our 'learn to swim' programme. It is run in accordance with the Amateur Swimming Association's (ASA) National Plan for Teaching Swimming (NPTS) for children and adults.

The swimmers progression through the programme will encourage the development of a wide range of aquatic skills.

All our lessons run over a 10 week course.

All our swimming teachers are fully qualified.

# ASA AWARDS & CERTIFICATES

## DUCKLING AWARDS

The Duckling Awards are designed to help babies and toddlers enjoy learning to swim with help from parents or guardians. Duckling 1 badge has one duckling, while the Duckling 5 badge has five ducklings.

Buoyancy aids, such as armbands, can be used for the first four grades as the child learns to float and gets used to the water. The fifth and final grade has swimmers jumping into the water, submerging, and floating and swimming five metres without aids.

Children are receiving the best possible instruction from fully qualified instructors.



## NPTS STAGE 1 - 10 AWARDS

These awards are designed around the National Plan for Teaching Swimming NPTS, powered by British Gas - the most successful sports programme of its kind - and guarantee to parents that all 10 stages of the syllabus are covered.

Colour-coded badges and certificates have been designed to reward your child for the effort they put into each stage.

Stages 1-7 help develop the core range of Fundamental skills your child needs to be confident, competent and safe in the water, while Stages 8-10 offer the opportunity to develop skills in competitive swimming.

