

SWIM ACADEMY NEWSLETTER "BOUNCE BACK TO SWIM SCHOOL" EDITION

TERM DATES 2020/21

2020: TERM 1 August 31st — Nov 1st 2020 (9 Weeks) £56.25
2020: TERM 2: November 2nd - Dec 20th 2020 (7 Weeks) £43.75
2021: TERM 3: January 4th - Feb 21st 2021 (7 Weeks) £43.75
2021: TERM 4: February 22nd - April 18th 2021 (8 Weeks) £50.24
2021: TERM 5: April 19th - June 6th 2021 (7 Weeks) £43.75
2021: TERM 6: June 7th— August 1st 2021 (8 Weeks) £50.24
2021: TERM 7: August 2nd—August 29th 2021 (4 Weeks) £25.00
 Fees are due by the 1st lesson of each term

NEW ACADEMY BUBBLE FAMILY SESSIONS!!



If you are enrolled in Swim Lessons, you & your family can join in our exclusive weekend Family Fun Swims as a member of our **Academy Bubble!** An Adult is required for each group (and phone number for track n trace), however you can rest assured that everyone in the group is part of the Academy. Normal admission prices apply.

NEW 2020/21 SWIM ACADEMY YEAR STARTS AUG 31ST We

are so excited to welcome you back.... What a long & lonely 128 days it was without you! Our NEW SWIM YEAR commences Aug 31st 2020 with NEW CLASSES added to ensure social distancing & allow NEW swimmers to join

COVID 19 UK ACTIVE APPROVED VENUE

The Academy has implemented a number of measures for your safety & continued enjoyment whilst at the Swim & Sports Academy. We are a UK Active Approved Venue (see our full range of measures on our website at <https://www.bospool.com/news>). The key points surrounding swimming lessons are: Children asked to come "swim ready" with costumes under their regular clothes to limit time in changing area. Pool entrance showers turned off, however Children may rinse off in the private shower cubicles post lessons. One-way system in the changing room and on pool-side. Lessons staggered at 15 min intervals. Number of children in each lesson (bubble) minimized. Café tables socially distanced for parents to view from. Parents with Ducklings/Stage 1 swimmers may stay with their children on poolside until collected by teacher. Sanitizer stations throughout facility. Swim Academy members entitled to attend Academy Family Bubble Fun N Float Sessions!

LIFEGUARD ACADEMY

A great opportunity for youngsters from 6 years to 16+ to undertake a variety of awards from Rookie Lifeguard to the professional NPLQ exam. Lessons take place weekly starting with Rookie Bronze (30 mins) to our Full Lifeguard Academy (1 hour session)



SWIM LESSON CHECK-IN: 5 MIN RULE!

Check-in & registration pool-side, opens up 5 mins before your child's lesson. Please do not leave your swimmer unattended prior to this. Once checked-in they will be under the supervision of our lifeguards & teachers until their lesson has finished. Please ensure prompt collection!

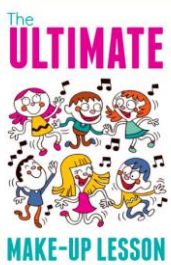
EAT OUT TO HELP OUT AUG 31ST!

Pop by the Academy Bank Holiday Monday and enjoy 50% off EVERYTHING! (when eaten in!) In our Starbucks Café ...Frappuccino's, Cappuccino's, & more!



FREE HI-SPEED WIFI AT THE ACADEMY

Enjoy "surfing" whilst the kids are swimming! Contact reception for initial password, then simply sign up and enjoy the FREE internet service!



During these everchanging times, rest assured that your swimmer can "Stay on track" & not miss their swim lessons thanks to our unique Academy "make-up" policy. Should your swimmer have to be absent from their scheduled lesson, simply contact reception to reschedule. Our team will find you a "Make-up" (MU) lesson so you don't miss out!! (Please note, MU lessons cannot be carried into next term, & once rescheduled cannot be changed. Absence must be notified at least 2 hours prior to missed lesson to enable another child to take this place.

SWIMMERS PROGRESSIONS; AWARD SLIPS & FREE TRIALS!

Our Award winning Swim Academy Class structure is based around the SWIM ENGLAND National Learn to Swim Program. Swimmers will progress along the Performance Pathway outlined below & achieved **DISTANCE AWARDS; WATERSKILLS AWARDS & STAGE AWARDS** on their aquatic journey. Achieving a Distance or Water Skills awards indicates that the swimmer has progressed beyond half-way of their current STAGE Level. If a Stage award is achieved the swimmer moves to a NEW class and now works at a higher level. Students are given award slips by their teacher. These should be presented to reception, where badges & certificates may be purchased and our reception team can find the NEW class (Should you be in receipt of a STAGE AWARD) for your swimmer. Swimmers who graduate from Stage 3 & higher classes will also receive a FREE TRIAL SLIP to one of the complimentary activities available (Such as Mini Tri or Dive Academy) from reception.

SWIM HATS Please ensure your swimmer wears a swim cap during their Swim Academy Lesson. (any style/ type is permitted). This is a big benefit when swimming & will help their progressions. New Swim Academy students receive a FREE Swim Academy hat on sign up.



MINI TRIATHLON ACADEMY: AGES 6+

Did you do some cycling or running during lock-down?...or want to start? You can now Swim, Bike & Run every Saturday with our Tri Academy! Session is £8.00 for 1 hour every Saturday from 12:15 - 1:15 pm. Min Age 6 & must be swimming at a level of Stage 4 or higher.



The diagram below shows an overview of the opportunities awaiting your swimmer as they progress through the Swim England Stages at the Swim Academy.

SWIM ACADEMY PERFORMANCE PATHWAY: From Ducklings to National Champions! We get you there one stage at a time! Here's how!
 AGES 6M - 3 YR: **DISCOVERY DUCKLINGS (1-4)** → AGES: 2.5 to 4+: **DUCKLINGS (1, 2, 3)** → **DUCK ADV/SUPERSTARS (4)**
 (Swimmers who reach Duck 4 & Superstar status when they turn 4+ years old by-pass Stage 1 or 2)

AGES 4 +: **STAGE 1 → STAGE 2 → STAGE 3 → STAGE 4 → STAGE 5 → STAGE 6 → STAGE 7 → STAGE 8 → STAGE 9 → STAGE 10**

STAGE LEVEL ACTIVITIES

Entry to activity is based on current Swim England Stage level.

MINI TRI	DIVE AC AQUA SKILLS	ROOKIE LIFEGUARD	PRE-SWIM TEAM TRIATHLON AC	POTENTIAL SWIM TEAM LIFEGUARD ACADEMY
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Swimmers in **Stage 3** can enter Mini Tri, **Stage 4** may enter Dive Academy or Aqua skills. **Stage 5** Swimmers can start their journey to become Professional Lifeguards in the Rookie Lifeguard Program. **Stage 6 & 7** Swimmers can join Pre-Swim Team or Triathlon Academy **Stage 8** Swimmers can join the Potential Swim Team or Lifeguard Academy. Having graduated from **Stage 10** Swimmers may enter the **Development Swim Team or Performance Tri Team** & progress to County, Regional & National competitions in either Swimming, Triathlon or Lifesaving. Students 16+ can take the Professional NPLQ exam valid at pools throughout the country and become employable lifeguards.