

**POOLS 4
SCHOOLS**

Powered by
British Gas



Ashington Community Programme
1st June - 24th July 2009



ASHINGTON HIGH SCHOOL, GREEN LANE, ASHINGTON



We are proud to be working with:



Community Programme

MONDAY

16.00 - 17.00	Year 10, 11, 12 & 13 Girls' Aquafit
17.00 - 18.00	1:1 Lessons
18.00 - 19.00	1:1 Lessons
19.00 - 20.00	High School Swim
20.00 - 21.00	Adult lessons

TUESDAY

16.00 - 17.00	Ashington High School Staff
17.00 - 18.00	First School Practice
18.00 - 19.00	Family Fun
19.00 - 20.00	British Gas Community Swimming
20.00 - 21.00	British Gas Community Swimming

WEDNESDAY

16.00 - 17.00	Middle School Waterpolo
17.00 - 18.00	Group Lessons
18.00 - 19.00	Group Lessons
19.00 - 20.00	Rookie Lifeguard
20.00 - 21.00	Adult lessons

THURSDAY

15.00 - 16.00	Hirst Park Middle School
16.00 - 17.00	Middle School Lessons
17.00 - 18.00	Middle School Waterpolo
18.00 - 19.00	Family Fun
19.00 - 20.00	Ladies Swim & Chat
20.00 - 21.00	Ash Swim Club

FRIDAY

15.00 - 16.00	High School Lessons
16.00 - 17.00	First School Practice
17.00 - 18.00	Family Fun

SATURDAY

09.00 - 10.00	1:1 lessons
10.00 - 11.00	Ashington Swim Club
11.00 - 12.00	Family Fun
12.00 - 13.00	1:1 autistic children lessons
13.00 - 14.00	British Gas Community Swimming
14.00 - 15.00	British Gas Community Swimming

SUNDAY

09.00 - 10.00	Parents & Tots
10.00 - 11.00	Family Fun
11.00 - 12.00	British Gas Community Swimming
12.00 - 13.00	British Gas Community Swimming
13.00 - 14.00	British Gas Community Swimming
14.00 - 15.00	British Gas Community Swimming

Background

British Gas Pools4Schools was developed by Total Swimming lead by a team of Olympic swimmers putting something back into their sport and enhancing the way that it is delivered at every level.

From the outset the vision was to place a temporary pool structure into a school, enabling those who struggle to access existing pools in their area, the opportunity to learn to swim, or enhance their existing skills.

With these temporary pools, Total Swimming will not only tackle the school swimming agenda, but also place aquatics up front and centre in the community around the host school.



Class Description

Group Lessons - these will take place in small groups (max 8) and are suitable for beginners and intermediate swimmers. Lessons will include lots of fun activities while learning to swim.

Adult Lessons, High School lessons, Middle School lessons - as group lessons but targeted at specific age groups.

1:1 Lessons (including autistics sessions) - these lessons offer more intensive support for beginners including those who need to develop their water confidence. One teacher will work with a maximum of 2 swimmers.

Years 10, 11, 12, & 13 Girls' Aquafit - come and try a variety of fun water based activities and exercises designed to improve fitness.

Middle School Waterpolo - come and try this exciting sport. You must be able to swim 10 metres.

First School Practice - come and practise what you have been learning in your school swimming lessons. There will be a swimming teacher who will help you at this session.

Family Fun - Bring the family to enjoy the pool!

High School Swim - A session just for high school aged young people.

Rookie Lifeguard - A session for ages 12+ aimed at developing personal survival and lifesaving skills. You will need to attend all sessions to gain the award.

Ladies Swim and Chat - A gentle introduction to swimming for ladies who have not swum for some time or would like to renew their swimming skills.

Parents & Tots - A session for parents / carers and young children under 5. There will be a swimming teacher who will help you to encourage your child to gain confidence in the water.

High School lessons, Middle School lessons, Group lessons, Rookie Lifeguard, Adult lessons - **£16 for 8 weeks.**

Years 10, 11, 12 & 13 Girls' Aquafit, Middle School Waterpolo - **£1 per session.**

1:1 lessons - **£5 per half hour lesson.**

FOR ALL THE ABOVE CLASSES, PLEASE BOOK IN ADVANCE ON 01670 844935

First School Practice, Family Fun, High School Swim, Ladies Swim & Chat, Parents & Tots - **£1 per person per session. These are just turn up sessions.** However, please note that if the pool reaches capacity, no further admissions can be made.