

→ Swim Stars 2016/17

Providing additional water based skills for young people



School Swimming, part of the SOLAR Service, will be providing opportunities for additional water based activities across Nottingham throughout the 2016/17 academic year.

Whether focusing on water confidence, fitness, aquatic disciplines, top up lessons or galas, sessions will be tailored to meet the needs of participants.

Swim Stars (KS1/2/3/4) Master Class

An introduction to the inspirational world of Swimming:

Working in conjunction with Nova Swimming Club pupils will have the chance to be inspired, gain knowledge and perfect their swimming by learning from a professional in the world of swimming;

For the competent swimmers, a representative from Nova or the GB swim squad will provide a comprehensive session including: an induction and introduction of themselves, give the pupils knowledge of the current level achieved and future aspirations. Within the sessions, pupils will be given a swimming demonstration of all strokes, an introduction of tumble turns, dive and sprints. Pupils will be in the water to show their skills, where they will be observed and given tips to help them improve their swimming ability.

For Beginners/Non Swimmers our swim star will give an introduction to the sport, talk about what they have achieved and what the benefits are for swimming regularly at any level and ability. He/she will deliver two water confidence games to inspire the pupils about how fun swimming can be at any level, give a demonstration of all four strokes and give hints and tips on how pupils can improve water confidence.

Programme details:

For further information and to check availability please call or email. You are able to book just the one session or a full block of lessons:

Cost: £75 per week taster sessions, or a full 6 week block of lessons £325



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School Swimming Sports, Outdoor Learning, Adventure and Risk Management (SOLAR Team):

Tel: 0115 9476202 x245 **Fax:** 9411073

Email: Claire.moores@collegest.org.uk, or
Why.nott@collegest.org.uk



Nottingham
City Council