



## Adult Lessons

### Adult Non-Swim & Beginners

Complete beginners | 16+ Years

Focusing on buoyancy and floating, water confidence and developing basic travel/paddle into more recognisable basic strokes. This building up to swimming a length (25m) of the pool.

### Adult Intermediate & Improver

Able to swim a length (25m) of a stroke and feel comfortable in the water  
16+ Years

Developing stroke technique or learning a new stroke, building stamina over a longer distance, more than a single length (25m), and becoming confident in deeper water.

### Adult Swimfit

Able to swim 100m Backstroke, 100m of a front stroke and be confident in deep water | 16+ Years

Building stamina, fitness, and refining stroke technique, learning basic diving skills and turns.



## Private Lessons

Looking for extra tuition or to build confidence out of a group setting?

Our friendly swim teaching staff also deliver private 1:1 or 1:2 lessons for all abilities and ages.



## SWIMTAG

We're a registered SWIMTAG pool!

Our aim is to motivate and support lap swimmers using this unique platform.

Giving you valuable insights into your swim sessions, in and out of the pool. SWIMTAG provides you with a unique view of your swim, you can breakdown each individual length and split, or view your grouped training sets.

Find out more at [www.swimtag.com](http://www.swimtag.com)



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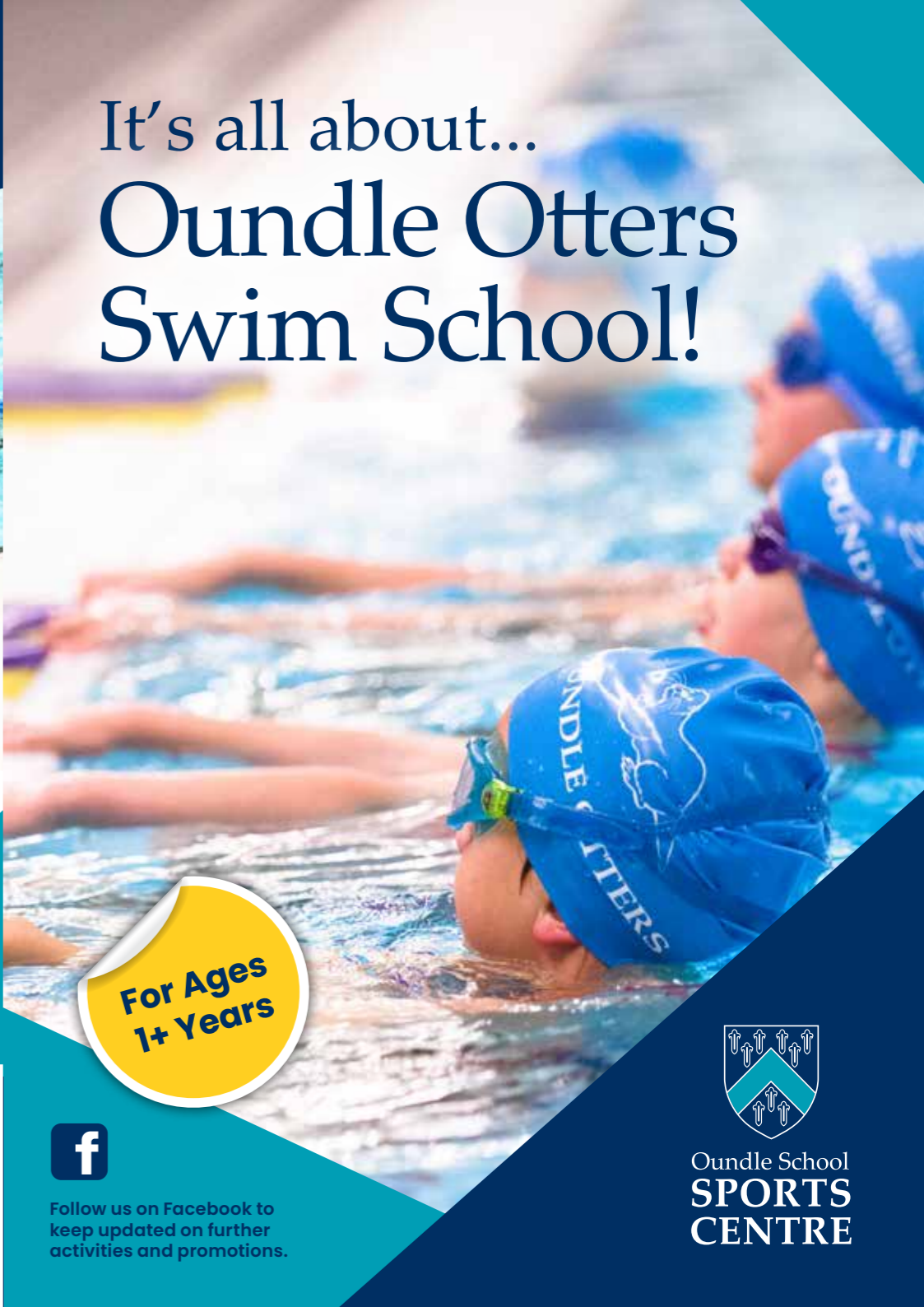


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# It's all about... Oundle Otters Swim School!



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# Oundle Otters Swim School



Otters offers children's swimming lessons from complete beginners through to pre-club standard level. We keep you informed of your child's progress through the different stages utilising our online portal, keeping you up to date on lesson progression and your child's swimming development.

An outline of the levels included in our scheme include:

## Otter Pup

Non-Swimmers: Complete beginners, aim to improve independence and water confidence with floatation aids through aquatic movement.

## Level 1

For confident non-swimmers who can put their face in the water with floatation devices, learning to travel on fronts and back.

## Level 2

Begin to develop traveling on fronts and backs into basic full strokes.

## Level 3

Developing front crawl and backstroke over 10m. Working towards deeper water confidence and breaststroke kick.

## Level 4

Building on front crawl breathing pattern and full breaststroke for 10m, backstroke for 25m and improve deep water confidence.

## Level 5

Deep water based, working towards 25m of front crawl and backstroke development, breaststroke technique over 10m and introducing butterfly stroke. Development of diving.

## Level 6

Developing breaststroke over 25m and building butterfly stroke over short distances. Strengthen front crawl and backstroke technique. Introducing competitive starts.

## Level 7

Development on all strokes and butterfly for 25m with fins, diving off blocks and personal survival.

## Level 8

Building stamina and competitive skills e.g. turns and competitive start off the blocks. Butterfly for 25m without fins.

## Level 9

Building endurance for multiple lengths and technique refinement, continued development of competitive skills.

## Level 10

45mins: Introducing a more coaching style of session. Stamina and fitness focus as well as stroke refining, continued development of competitive skills.

## Swimfit

After completing Level 10 of Otters, for those wishing to keep swimming without joining a Swimming Club. A 1 hour sessions aiming to develop fitness and stamina, refining competitive skills and stroke technique. Requirement: Can complete a 500m continuous swim in under 14 minutes.



## Rookie Lifeguard

Following the RLSS UK's Rookie Lifeguard programme we teach your child the skills they need to be confident in the pool or the sea. With colourful materials and fun, varied activities, the Rookie Lifeguard scheme teaches children how to swim and enjoy water safely, whether in shallow or deeper water.

The scheme begins with Stage 1 of the Bronze Award and progresses to Stage 3 of the Gold Award, starting off at an ability level suitable for competent swimmers and progressing to the level where our Rookie Lifeguards perform impressive lifesaving tows.

*"My daughter absolutely loves her Oundle Otters swimming lessons, they are planned really well with creative ideas. She has grown in confidence and really looks forward to her lessons!"*



## Pre-School Sessions

For children aged 3 years through to school age.

Concentrating on basic aquatic movement, confidence, body position and enjoyment. Children must have some confidence and be independent in the water without their parents.

## Adult & Child Sessions

Split into two age groups 1-2 years or 3-4 years. One parent is required to be in the water per child.

Focusing on basic aquatic movement, confidence, body position and developing independence. Children do not need prior swimming experience.

## Progression through Oundle Otters Swim School children develop:

Improved Independence

Confidence in Deep Water

Strength in Technique

Competitive Skills

Enhanced Endurance, Stamina and Fitness



Contact us to book your child's space or to book a **free assessment!**

A 15-minute swim assessment will need to be booked to ascertain the correct level required.

