

# SWIM4LIFE

AT THE DOLPHIN CENTRE

*From complete beginner to diving and  
lifeguard skills.*



**DARLINGTON**  
Borough Council

01325 406000

[www.healthydarlington.co.uk](http://www.healthydarlington.co.uk)

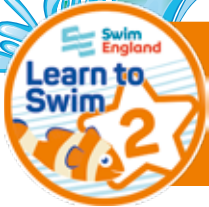
# SWIM4LIFE SWIMMING STAGES

**Foundation:** For children who have had little or no experience in the water, these lessons introduce the children to the 'class' scenario, while learning the basic movements on front and back through play. Children can earn their duckling 1 - 4 badges during this stage.

**Stage 1:** Developing safety awareness, basic movement skills and water confidence skills. Swimmers may use aids such as arm bands and floats.



**Stage 2:** Developing safe entries to the water, including jumping in, basic floating, travel front and back up to a distance of 10 metres, plus rotation to regain upright positions.



**Stage 3:** Developing safe entries including submersion, travel up to 10 metres on the front and back crawl, progress rotation skills and water safety knowledge. At this stage, the swimmer will be assessed without the use of aids or support.



**Stage 4:** Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes and swimming 10 metres to a given standard as directed by Swim England.



**Stage 5:** Introduction into transitional and deep water, getting children used to being out of their depth. Building confidence in all strokes including butterfly, learning lifesaving skills like treading water.





**Stage 6:** Developing efficient swimming skills including coordinated breathing across all strokes plus swimming a distance of 25 metres using a stroke of the swimmer's choice.



**Stage 7:** Developing quality stroke techniques up to 100 metres, Swim a distance of 25 metres front crawl, breast stroke, back stroke and butterfly. Plus an introduction to diving.



**Stages 8-10:** Children can continue to develop their strokes and stamina in our high level classes working on good technique and distance swimming.

**Diving:** Develop basic diving skills, such as straight tuck, back and streamline movement in the water. Working to refine the basic body positions for diving will also take place on poolside.



**Rookie Lifeguard:** Teach children valuable survival, rescue and sports skills including CPR. They are all delivered in an exciting way that will get children involved and motivated.

**Adult Lessons:** Are available for those 16 years and over who want to learn to swim from a complete beginner or want to improve their swimming technique.



# ONLINE HOME PORTAL

The Swim4Life Home Portal is an online portal that allows you to view your child's swimming lessons and monitor their progress. To enrol your child on to our swimming lessons you must first visit Reception to register their details and pay for their initial 10 credits.

You will receive a welcome email with details of how to log on to the online portal where you will be able to view your child's progression which is regularly updated by their swim teacher.

The scheme is managed on a programme of continuous assessment allowing your child to move up to a higher stage at any time. When your child is ready to progress, a notification email will be sent. You will then need to move stage either online or via reception.

To continue on the scheme you will be required to top up your account and purchase credits either from the Swim4Life Home Portal or at reception. When you have 5 remaining credits, an email will be sent to you as a reminder to purchase additional credits. If you use all your credits and fail to top up your account you will automatically be removed from the scheme and lose your place. If this occurs and you wish to remain on the scheme, we will endeavour to find you another place but unfortunately cannot guarantee this.

While enrolled on the programme, we will send essential communication, regular reminders and updates relating to our Swim4Life scheme and your child's achievements. To enable us to do this we will require you to provide a current email address. Should this or any of your personal details change in the future, please ensure that you inform us of any changes at your earliest opportunity.



# HOW TO MANAGE YOUR CHILD'S LESSONS FROM YOUR COMPUTER OR SMART PHONE

Log on to the 'Swim4Life Home Portal'



## Track Progress

View your child's progress and achievements at your own convenience.



## Top Up Credits

We will email you to remind you when your credits are running low. Simply log on and top up.



## Progression

We will notify you by email when your child is ready to progress to the next stage. You can view availability and simply book onto the next stage.

## FAQ'S

### How do I make payment?

Initially you will be required to visit or phone our reception to book your place on to the scheme. Once registered you will be able to purchase credits online, making payments quick and easy.

### How do I track my child's progress?

Each swimmer will learn at their own pace and we appreciate that some will be ready to progress to the next stage of the scheme earlier than others. You can track your child's progress against each criteria of the stage they are working towards when you log in online to the Swim4Life Home Portal. This will give you an insight into the areas that require more attention allowing you to practice in your own time and progress quicker.

### How do I move when the stage is complete?

As soon as the swimmer is ready to progress to the next stage you will automatically receive an email alert. You can then log in, check availability and book into an available slot.

## **What if my child has any medical conditions, behavioral issues or neurological and development disorders that could impact their swimming?**

We ask that you communicate any issues with the reception team and/or via the Swim4Life online application form and this information will be passed onto your coach.

## **What happens if I cannot attend a lesson?**

Unfortunately we cannot refund or credit lessons for the occasional missed lessons. However, we do have a refund policy should any swimmer be unable to attend their lessons over a sustained period due to a medical condition. A medical note would be required as evidence.

## **If we leave and have credits remaining will they be refunded?**

Credits are purchased in blocks of 10, it is up to the parent/guardian to ensure all dates are ok before purchasing. We do not refund any credits for those wishing to leave early.

## **How do I access the online Swim4Life Home Portal?**

Simply click on the link on the Swim4Life homepage or scan the QR code below, register your details using your email address and card number and complete your registration.



## **What you need to know for your child's first lesson?**

When booking lessons for the first time the receptionist should confirm with you the time and day of your child's lesson, the stage booked and the name of your child's instructor. Details of how to use the home portal and registration information should also be given. We request that all relevant information on your child including any medical information is passed on to the receptionist at this time as this is added to the notes for the instructor and can help them adapt the lesson to best suit your child's needs. Whilst we cannot guarantee your child will have the same instructor throughout their lessons we strive for instructor consistency whenever we can. Lockers can be used in the Changing Village but these must be paid for on entry. Your child should be showered, in swimwear and in the training pool ready to start their swimming lesson promptly at their allocated time. The lessons are 25minutes, 40 minutes or 55 minutes dependent on the stage. Diving lessons, Adult lessons and Rookie Lifeguard are 1 hour sessions.



# SWIM4LIFE ONLINE APPLICATION FORM

## Child's Details

Forename(s): .....

Surname: .....

Gender: Male / Female

Date of Birth: .....

Medical Information: .....

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.....

Address: .....

.....

.....

.....

Postcode: .....

## Parent/Guardian Details

Forename: .....

Surname: .....

Relationship to child: .....

Tel. Home\*: .....

Tel. Mobile\*: .....

Email\*: .....

.....

Signature: ..... Date: .....

\*We require a valid email and phone number.

**PLEASE COMPLETE ALL FIELDS**

Contact us: **01325 406000**

## Data Protection

The information you supply for this purpose will be used to create your Swim4Life card, which will enable you to log in to the Home Portal. We will not pass on personal details to any individual or agency outside Darlington Borough Council. If you do not wish to receive information for the purpose of consultation and to keep you informed of our services and offers,

please tick here

[Please complete the application form and return to the Dolphin Centre reception.](#)

## Contact Us:

T: 01325 406000

E: [healthydarlington@darlington.gov.uk](mailto:healthydarlington@darlington.gov.uk)

[www.healthydarlington.co.uk](http://www.healthydarlington.co.uk)

