

Swimming Lessons for Children & Adults: Fact sheet

Children Level I (4 yrs+): A fun based introductory class that builds water confidence

Children Level II (5-6yrs): This class focuses on floating unaided on the front and back. There will be an introduction in the use of the arm actions on the Freestyle and Backstroke.

Children Level III (6-7 yrs): This class works on the development of the full stroke on Freestyle & Backstroke. There will also be an introduction to the Breaststroke.

Children Level IV (8-9 yrs): This class works on the development of all the main strokes and focuses on the breathing on Freestyle and the introduction of Treading and Butterfly.

Children Level V – (9yrs+): For the strong swimmer. Distance lanes training for the swimmer proficient in Freestyle, Backstroke, and Breaststroke.

Please note: The recommended ages are guidelines. Please liaise with the Swimming Instructor at the Leisure Club for more in depth details on the criteria.

Adult Beginner: A confidence building class introducing the beginner to the water. Working on floating, kicking on the front and back and an introduction to the use of the arm actions and the early stages of the breaststroke.

Adult Improver: A follow on from the beginner course that increases the technical ability of the swimmer on Freestyle, Backstroke & Breaststroke.

Adult Advanced: A class for the strong swimmer that wishes to work on the breathing techniques of the freestyle. There will be emphasis on improving every aspect of the Freestyle, Backstroke & Breaststroke. There will also be an introduction to the Butterfly.

Adult Mixed Ability: An early morning class, small in numbers that caters for the Beginner, Improver & Advanced Swimmer.

**Please contact Leisure Club Reception for Pool & Gym Classes booking information
Telephone: 09064 42010 or e-mail: info@hodsonbayhotel.com**

Pool & Gym Schedule

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Aqua Aerobics:

Aqua Aerobics is the performance of aerobic exercise in shallow water such as a swimming pool. In some areas Aqua Aerobics is also known as or referred to as AquaFit and is a type of resistance training. Water aerobic workouts usually combine a variety of techniques from land aerobics, including walking or running backward and forward, jumping jacks, mimicking cross-country skiing, along with various arm movements. The workout also may incorporate equipment such as flotation devices. AQUA AEROBICS CLASSES RUN THROUGHOUT THE YEAR.

In addition to the standard benefits of any exercise, the use of water in water aerobics supports the body and reduces the risk of muscle or joint injury. The mitigation of gravity by flotation places less stress on the joints when stretching, and can allow a greater range of motion. The mitigation of gravity makes water aerobics safe for individuals able to keep their heads out of water, including the elderly. Exercise in water can also prevent overheating through continuous cooling of the body. Most classes last for 45-50 minutes.

Parent (Adult) & Babies Swimming Lessons (3 months +) with Oliver & Todor:

This class is a water orientation for children and parents that introduce the following: Paddle use of arms and legs, front and back floats, and safety in and around the pool. This class helps to prepare the child for a more structured swim lesson environment. Babies that take early stage swimming lessons such as this are proven to walk sooner.

SWIMMING ACADEMY with Todor Tilev & Oliver Lennon:

This is a new initiative for the Advanced Child Swimmer. The participants will be 'Coached' in the following:

- Freestyle
- Backstroke
- Breaststroke
- Butterfly

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- Individual Medley Techniques
- Diving
- Tumble turns
- All aspects of pre-competitive swimming

Children who show the desire, dedication & talent will be recommended to a Swimming Club

ADULT LANE TRAINING with Todor Tilev:

This is another new initiative for the Advanced Adult Swimmer. The participants will be 'drilled and coached' in the following:

- Techniques in Front Crawl & Breaststroke
- Distance Swimming
- Endurance

This new Aquatics Training Programme is geared for individuals that wish to maximise their Freestyle and endurance. Highly recommended for Tri-athletes & Open Water Swimmers.

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