

Atlantis Swim Academy Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cygnets Age up to 15 months	11-11.30am		10 - 10.30am		2 - 2.30pm	11 - 11.30pm	
Little Ducklings Age up to 15 months	11.30 - 12noon		10.30 - 11am		12.30 - 1pm 2.30 - 3pm	11.30 - 12noon	
Ducklings	10 - 10.30am 10.30 - 11am	2.30 - 3pm	9.30 - 10am 11am - 11.30am 3.30 - 4pm	1 - 1.30pm 1.30 - 2pm 2 - 2.30pm 2.30 - 3pm 3.30 - 4pm	1 -1.30pm 1.30 - 2pm	10 -10.30am 10.30 - 11am	9 - 9.30am
Starfish Stage 1 and 2	4 - 4.30pm 5 - 5.30pm 6.30 - 7pm	4 - 4.30pm 5 - 5.30pm 6 - 6.30pm	4 - 4.30pm 5.30 - 6pm 6 - 6.30pm	4 - 4.30pm 5.30 - 6pm 6 - 6.30pm	4 - 4.30pm 5 - 5.30pm 6.30 - 7pm	8.30 - 9am 9 - 9.30am	8 - 8.30am 9.30 - 10am 10.30 - 11am
Tadpoles Stage 3 and 4	4.30 - 5pm 5.30 - 6pm	4.30 - 5pm 5.30 - 6pm 6.30 - 7pm	4.30 - 5pm 5 - 5.30pm 6.30 - 7pm	4.30 - 5pm 5 - 5.30pm 6.30 - 7pm	4.30 - 5pm 5.30 - 6pm	8 - 8.30am 9.30 - 10am	8.30 - 9am 10 - 10.30am
Seals Stage 5 and 6	4.30 - 5pm 5 - 5.30pm	4.30 - 5pm 5 - 5.30pm 6 - 6.30pm	4.30 - 5pm 5 - 5.30pm 5.30 - 6pm	4.30 - 5pm 5 - 5.30pm	4.30 - 5pm 5 - 5.30pm	8 - 8.30am 9 - 9.30am	11 - 11.30am
Dolphin Stage 7 and 8	4.30 - 5pm 5 - 5.30pm 5.30 - 6pm	4 - 4.30pm 5.30 - 6pm	4 - 4.30pm 5 - 5.30pm 6.30 - 7pm	4 - 4.30pm 5.30 - 6pm	5.30 - 6pm	8.30 - 9am	11.30 - 12noon
Sharks Stage 9	4 - 4.30pm 6 - 6.30pm		6 - 6.30pm 7 - 7.30pm	6 - 6.30pm	6 - 6.30pm		
Whales Stage 10			5.30 - 6pm 7.30 - 8pm			9.30 - 10am 10.30 - 11am	
Teenage Beginners (Age 10+)	6 - 6.30pm						
Teenage Improvers (Age 10+)					6 - 6.30pm		
Adult Master Learner	12noon -1pm 8 - 9pm	11.30 -12.30pm 8 - 9pm	8 - 9pm			12noon - 1pm	
Adult Master Basic	1 - 2pm 7 - 8pm	12.30 - 1.30pm 9 - 10pm	12noon - 1pm				
Adult Master Intermediate	9 - 10pm			7 - 8pm			

POOLSIDE

Atlantis Swim Academy at Medway Park



Following the ASA National Plan for Teaching Swimming

From 1 April 2010



Mill Road, Gillingham, Kent ME7 1HF
Phone: 01634 283700
 email: medwaypark@medway.gov.uk
 www.medwapark.com



Medway Leisure welcomes you to Atlantis our world of swimming. Fully qualified A.S.A swimming instructors will guide pupils through the exciting and exhilarating sport of swimming learning skills, techniques, stamina to benefit you for life.

Our learn to swim programme begins at level 1 and finishes at level 10. All levels and awards are nationally recognised.

Atlantis Swim Academy welcomes teenagers and adults

Let us contribute to your health and fitness.

We cater for all ages and all abilities from the complete nervous beginner to the regular swimmer needing to improve stroke technique. Swimmers that have not been for years, welcome back to a new healthy and social experience.

Foundation Phase



Cygnets

1.2.3 Award

Age four months to 15 months

Bonding adult and child in the water learning together through play to be confident in water. A great social gathering lots of fun and useful knowledge to be gained.

Note: Waterproof nappies should be worn.



Little Ducklings Club

1.2 award

Age 15 months - three years

Group activity, singalong first induction to propulsion in water, early technique of breathing introduced.



Duckling Club

Level 1-5

Ages three - five years

Very small classes, child's first independent lesson, safety skills introduced and notation learnt.



Starfish

**Phase 1 - Non Swimmer
Level 1 and 2**

Pupils learn safety aspects of the pool, water confidence, Independent movement in water to the levels of five metres on front and back unaided.

Note: A visit to the pool is advised to familiarise yourself and child with surroundings.



Tadpoles

**Phase 2 - Beginner
Level 3 and 4**

Introducing skills, Dolphin leg action improving body position up to the level of 10 metres on front and back unaided.

Note: Pupils should swim 5m on front and back unaided.



Seals

**Phase 3 - Improver
Level 5 and 6**

Introducing stroke technique to a recognisable level, survival skills and visits to deep end of the pool.

Note: Pupils should swim 10m on front and back unaided.



Dolphin

**Phase 4 - Improver 2
Level 7 and 8**

Improving stroke technique to good standard, pupils gain personal survival awards and improve stamina. Introducing tumble turns.

Note: Must be able to swim in deep water 25m without stress.



Sharks

**Phase 5 - Advanced 1
Level 9**

Developing challenging sequences, smooth controlled full stroke. Train for Bronze Medal.

Note: Must be able to swim 50m without stress.



Whales

**Phase 6 - Advanced 2
Level 10**

Refine tumble turns. Efficient technique taught to four strokes. Train for Silver and Gold.

Note: Must be able to swim 100m without stress.

