



Welcome to Big Fish Little Fish Swim School

RUN BY OUR FAMILY, FOR YOUR FAMILY SINCE 1998



WE CAN'T
WAIT TO
MEET YOU
SOON!



Big Fish Little Fish Swim School

Your Starter Pack guide to lessons
in 2026/27!!

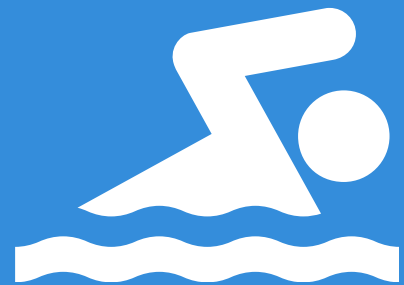
TABLE OF CONTENTS

PLEASE SEE BELOW ALL CONTENTS - SIMPLY CLICK ON THE ICON TO SKIP TO THE INFORMATION YOU REQUIRE

EACH TOPIC WILL COVER ESSENTIAL INFORMATION TOWARD YOUR LEARNERS ATTENDANCE OF SCHOOL SWIMMING LESSONS.

IF YOU HAVE ANY QUESTIONS ABOUT ANY OF THE TOPIC AREAS PROVIDED -
PLEASE CONTACT YOUR PRIMARY SCHOOL

ABOUT YOUR LESSON



WHAT YOU NEED



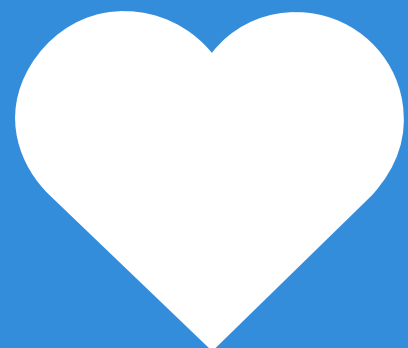
LESSON INFO



DRY WEEK



HEALTHY PRACTICE



WHAT YOU DON'T
NEED



CERTIFICATES



CONTACT





YOUR LESSON

Fun - Progressive - Personalised

EVERY DETAIL DESIGNED JUST FOR YOU

15X5M POOL

THE ONLY CUSTOM BUILT POOL BUILT SPECIFICALLY
FOR SWIMMING INSTRUCTION ON THE FYLDE COAST

EXPERT TUITION

WE ONLY EMPLOY TEACHERS WHO CAN
PERFORM TO THE HIGHEST STANDARDS &
ARE CONTINUALLY TRAINED TO OUR HIGH
SCHOOL STANDARDS.

EVERYTHING YOU NEED

ALL LEARNING AIDS PROVIDED

SMALL SIZES

SMALLER CLASSES
FACILITATE MORE
ATTENTION TO YOUR
LEARNER

30MINS

EACH LESSON IS
30MINS & GUIDES
YOUR LEARNER
THROUGH THE
NATIONAL STANDARD



STROKE

DEVELOPMENT

Front Crawl - Back Crawl - Breaststroke!

FROM ABSOLUTE BEGINNER TO CHAMPION SWIMMER!

DISTANCE

DEVELOPMENT

25m In Style!

ALL 3 STROKES - PERFORMED TO PERFECTION!

SAFETY

DEVELOPMENT

Personal Survival & Survival Skills!

LEARN HOW TO KEEP YOURSELF & OTHERS SAFE IN WATER!

ASSESSMENT STANDARDS

We work directly under the guidance of our National Governing Body the STA & the standards of delivery required for their National School Swimming Programme. In addition, we further include our own diligence and dedication to correct technique standards and safety. We ensure every swimmer is provided accurate individual assessment feedback & progression pathways to ensure they are truly safe in water and gain a skill for life.

In addition to our 28 years of operation & highly skilled and experienced team, we also have our very own STA Aquatic Tutor ensuring we always have correct standardisation in place at all times.

If we assess your swimmer to be an alternative ability level to your current expectation do not be concerned. It is incredibly common for swimmers to either be a higher level than indicated on forms or a lower level than indicated on forms.

The most common reasoning for a swimmer being at a lower level than the online form indicates is in relation to Aquatic breathing. It's the most vital skill any swimmer can attain & equally is the single biggest reason any swimmer from child to adult may be hesitant placing their face in the water or unable to swim distances correctly.

If a swimmer can not perform aquatic breathing they are likely to do the following;

Be unable to perform the prone position (face in the water)

Hold their breath when swimming & be unable to gain a comfortable breathing pattern preventing correct assessment further than 10m

The importance of aquatic breathing in order to safely and truly attain the National Standard is paramount.

As it is the most common missing link for most swimmers, please do not be offended if we lower your swimmers grouping or keep them attending for longer in order to ensure aquatic breathing is correctly established.

Our goal always has been and always will be to ensure your swimmer leaves primary school safe, confident & loving the water.



Built Just For You!

THE ONLY CUSTOM BUILT
SWIMMING POOL SPECIFICALLY
DESIGNED FOR SWIMMING
TUITION ON THE FYDE COAST!
15X5X1.4M

Unique to the Fylde Coast – 31 Degrees all year round – No Deep End – Crystal Clear – Just for you!

HEALTHY PRACTICE

The COVID pandemic brought in a number of increased health aware practices to ensure all visitors are comfortable when in our facility.

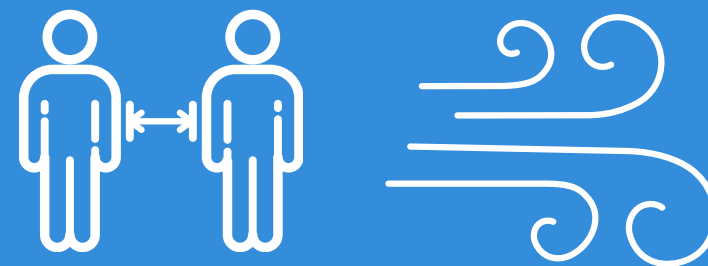
We have continued our strict adherence to healthy practice & adapted to the current environment.

It's vital all participants, visitors and staff can enjoy every lesson safe in the knowledge they are in a clean & healthy environment.



Please do not attend if...

- You are feeling unwell
- Display any symptom of illness
- Have open wounds or recent infection of any kind
- Have experienced sickness/diarrhoea in the last 48 hours



- Hand sanitation to use at every door way
- All areas of the facility are cleaned pre/post use
- Air handling active at all times in the gallery



Exclusive Access

- Your school have exclusive access – no shared access in use during your visit
- No access to the public at any time
- Every detail of your schools visit is tailored to your school



WHAT DOES YOUR SWIMMER NEED?



PLEASE NOTE - WE CAN NOT PROVIDE SPARES OF ANY EQUIPMENT



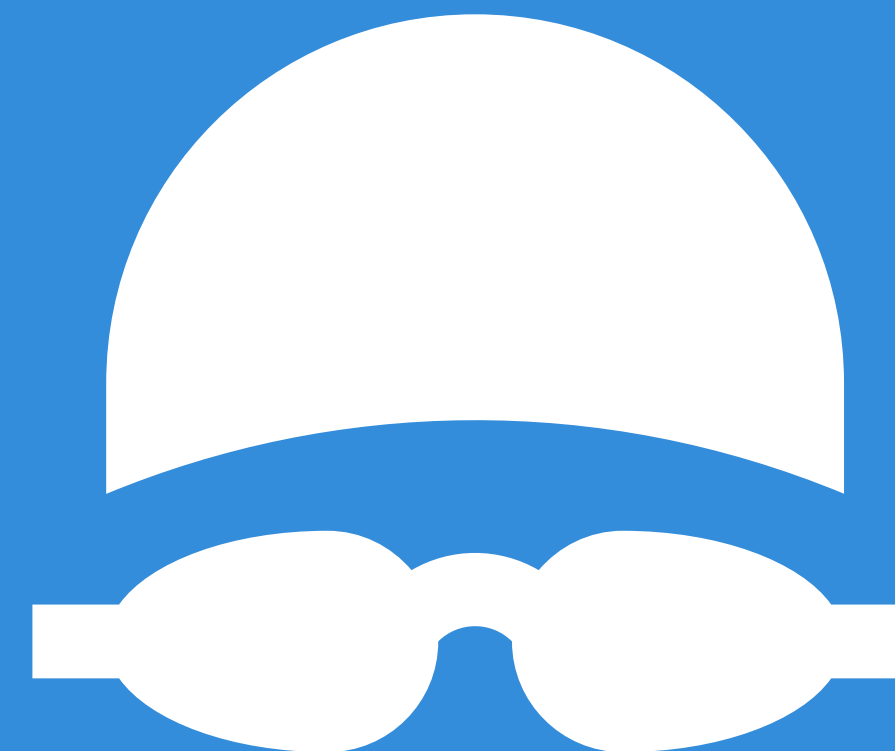
Kit Bag!

Any bag which can contain your clothing securely is ok!



Swimming Kit & a Towel!

Please be aware we can not loan out swim kit or towels.

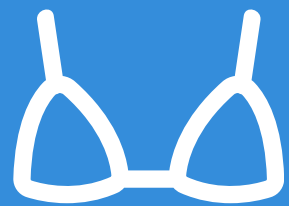


Goggles & Swimming Cap

Goggles are optional – No Snorkel Goggles Permitted
Swimming caps required for hair longer than shoulder length or if the hair is over the eyes/nose/mouth

WHAT TYPE OF SWIMWEAR DO YOU NEED?

PLEASE NOTE BEACH WEAR IS NOT SWIM WEAR



No Bikini's



No Board Shorts
(Longer than knee length)



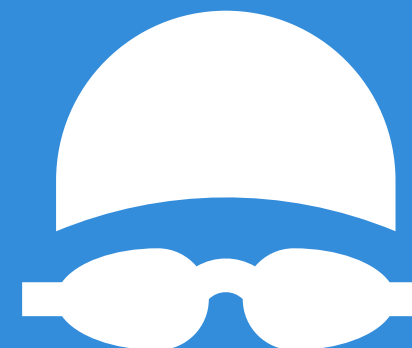
No watches
or Jewellery



Single Piece Swim Suit



Swim Shorts
(above the knee length)



Swim cap & Goggles
(no shower caps or snorkle lenses)





WHAT DOESN'T YOUR SWIMMER NEED?



Talc Powder

Due to the mis-use of Talc Powder we do not permit the use of it any more in our facility.



Aerosols/Perfumes/Hair Gel

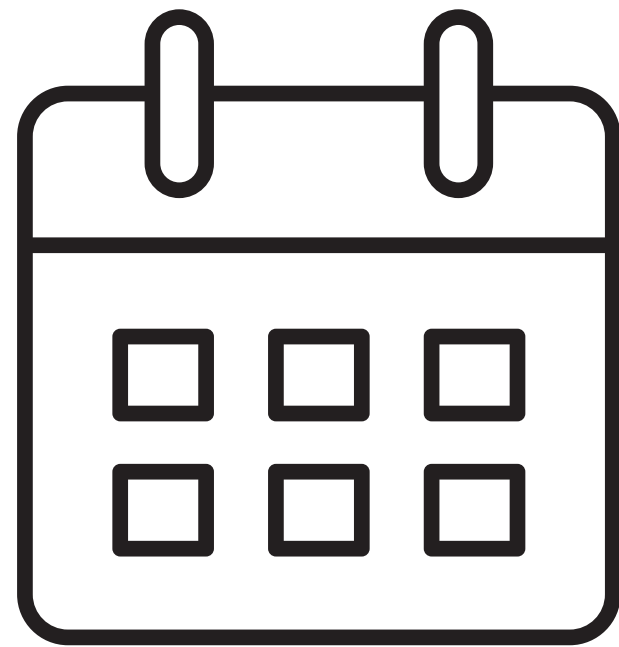
Spray Aerosols/Perfumes are not permitted in our facility



Ear Rings/Jewellery/Smart Watch

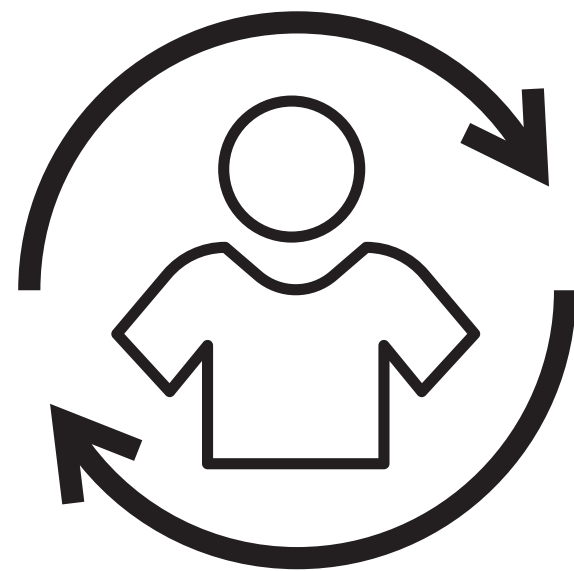
To prevent loss of potentially expensive items and more importantly any potential injury to others we ask swimmers do not bring these items.

Lesson Details



YOU WILL HAVE A SET LESSON DAY

Your school swimming lessons will take place on a set day each week



GET CHANGED AT THE FACILITY

All learners are able to get changed at the facility. Simply have your bags ready!



ABILITY ASSESSED

Every grouping is ability assessed. To help this process, please complete the medical/ability form available on the next page.



DRY WEEK YOUR INTRO TO SWIMMING

EVERYTHING YOUR SWIMMER NEEDS TO KNOW

We know many of the new swimmers may be unsure about lessons or are a little nervous about attending a new facility.

In our first week of each scholastic year, we visit your school & deliver a presentation to all learners taking part in school swimming to cover every detail they need to know and answer any questions they may have!

Not only does this help generate excitement ahead of the 1st week of swimming it also provides familiarity for each swimmer as they know exactly what to expect ahead of their 1st swim!



Recognising Your Achievements



GAIN CERTIFICATES WHEN YOU PASS THE NATIONAL STANDARD!

We follow the STA school swimming academy program & ensure your learner is rewarded for their efforts!

EVERY LEARNER IS RECOGNISED!

Every learner has their own journey & no matter the level they reach before school swimming ends, their efforts will be rewarded & recognised with certificates showing exactly what they can do!

BE PROUD OF WHAT YOU ACHIEVE!

Each certificate will state exactly what you can do! This record of achievement is an excellent way to show others what you can do! It's also very handy for showing swimming clubs, swimming schools, aquatic activities or aquatic parties to what level of activity is suitable for your learner.

Contact & Communication



PLEASE DIRECT ALL QUESTIONS TO YOUR PRIMARY SCHOOL

If you have any questions relating to your learners lessons to or during their learning experience, please feel free to contact your primary school via available routes at any time.

Should any questions require our expertise, your primary school will relay this information to us directly & we will be more than happy to help at any time!

