

# Evolution Swim School

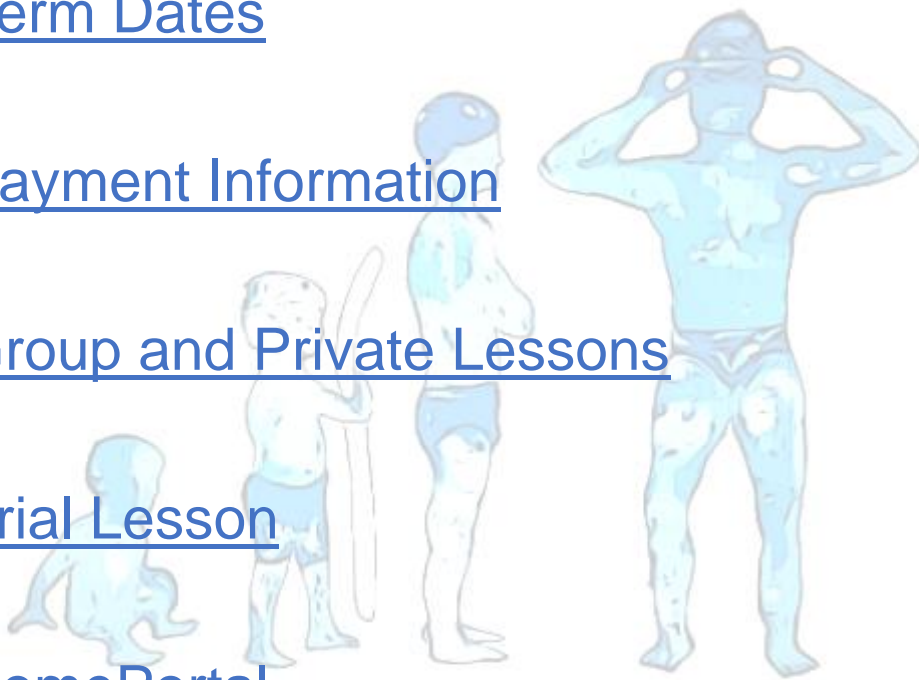
Company No. **SC751912**



Welcome Pack - Fife

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# **Welcome!**

## **Welcome to Evolution Swim School!**

Thank you for choosing Evolution Swim School to help achieve your swimming goals. We're delighted to have you join us and look forward to supporting you or your child on an exciting swimming journey.

### **Who We Are:**

Established in 2018 by Commonwealth Games medallist Kieran McGuckin, Evolution Swim School combines over 20 years of competitive swimming experience and 18 years of teaching expertise. Our mission is to deliver high-quality swimming lessons at an affordable price while creating a safe, fun, and engaging environment for all swimmers.

### **What We Offer:**

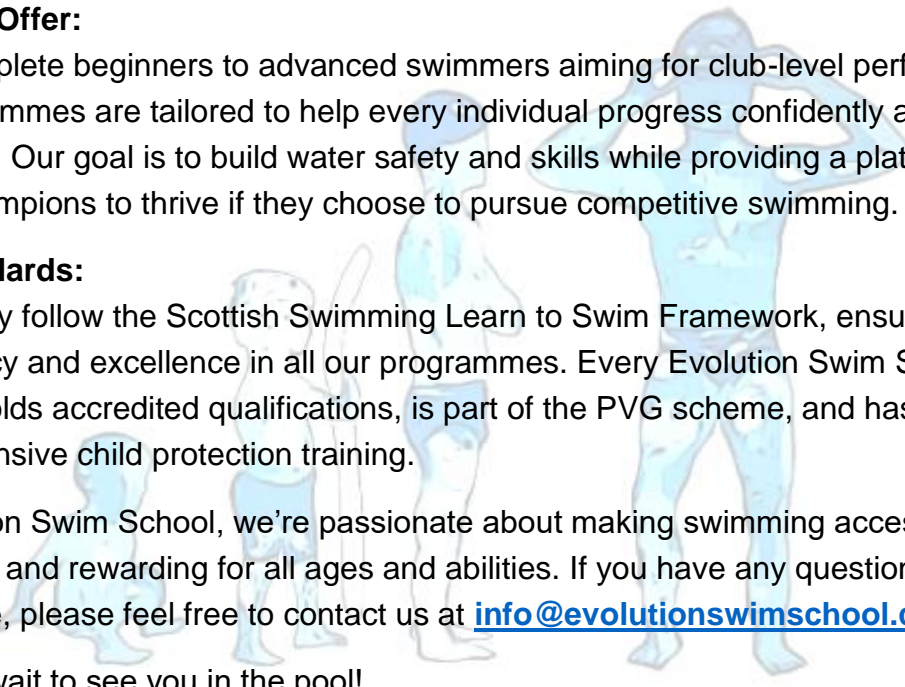
From complete beginners to advanced swimmers aiming for club-level performance, our programmes are tailored to help every individual progress confidently and effectively. Our goal is to build water safety and skills while providing a platform for future champions to thrive if they choose to pursue competitive swimming.

### **Our Standards:**

We proudly follow the Scottish Swimming Learn to Swim Framework, ensuring consistency and excellence in all our programmes. Every Evolution Swim School teacher holds accredited qualifications, is part of the PVG scheme, and has received comprehensive child protection training.

At Evolution Swim School, we're passionate about making swimming accessible, enjoyable, and rewarding for all ages and abilities. If you have any questions or need assistance, please feel free to contact us at [info@evolutionswimschool.co.uk](mailto:info@evolutionswimschool.co.uk).

We can't wait to see you in the pool!



# Locations and Days

**Inverkeithing High School**

**Saturday 10am – 1pm**



Inverkeithing High School boasts a fantastic 4-lane, 25-metre pool with depths ranging from 0.8m at the shallow end to 1.9m at the deep end. This versatile setup is perfect for accommodating swimmers of all abilities, from beginners building confidence in the shallow end to advanced learners ready to tackle the deep end.

## **Why Choose Inverkeithing High School?**

- **Exclusive Use:** During our lessons, we have sole access to the pool, ensuring a distraction-free, safe, and focused learning environment for all swimmers.
- **Spacious and Welcoming:** The pool offers ample space for every participant to learn and enjoy their lessons comfortably.
- **Progressive Learning:** Children can start where they feel comfortable and progress to deeper water as their confidence and skills grow.

## **Lesson Availability**

We offer both group and private lessons tailored to all ability levels:

- **Days:** Saturday 10am – 1pm
- **Programmes:** Suitable for all ages and skill levels

📍 **Find Us:** For directions, [click here](#).

# Term Dates

## Lesson Schedule and Term Dates


At Evolution Swim School, our lessons run continuously throughout the year, following school term times and holidays: **Autumn, Winter, Spring, and Summer**. This schedule ensures consistency in learning while accommodating family routines.

## Summer Camps

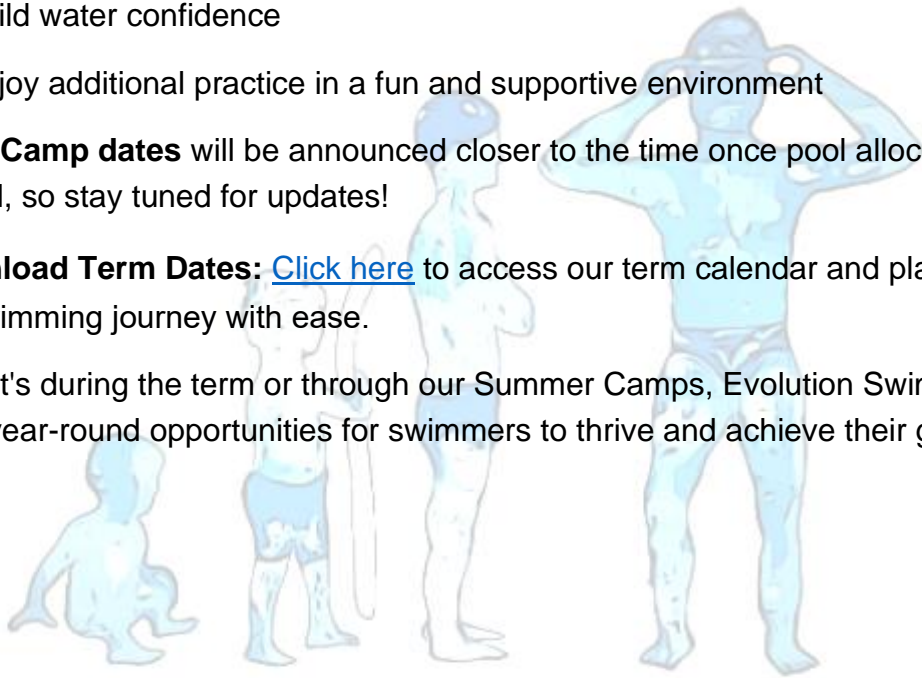
In addition to our regular lessons, we offer exciting **Summer Camps** during the school summer holidays. These camps provide an excellent opportunity for swimmers to:

- Sharpen their skills
- Build water confidence
- Enjoy additional practice in a fun and supportive environment

**Summer Camp dates** will be announced closer to the time once pool allocations are confirmed, so stay tuned for updates!

 **Download Term Dates:** [Click here](#) to access our term calendar and plan your child's swimming journey with ease.

Whether it's during the term or through our Summer Camps, Evolution Swim School ensures year-round opportunities for swimmers to thrive and achieve their goals.



# Payment Information

At Evolution Swim School, we've streamlined payments to ensure a hassle-free experience for all families.

## How Payments Work:

- **Monthly Direct Debit:** Payments are collected on the **1st of each month**, except for July when no weekly lessons take place.
- **Pro-Rated for Mid-Month Joiners:** If you join partway through a month, you'll receive an instant payment link to cover the remainder of that month's lessons. Your direct debit will then begin on the following **1st of the month**.
- **Inclusive Pricing:** The cost is calculated based on 40 lessons delivered over an 11-month period, taking into account pre-planned holiday breaks and term dates.

## Costs:

- **Group Lessons:** £38.96 per month, per child.
- **Private Lessons:** £116.89 per month for up to three members.

## What You Get:

- **Consistent Scheduling:** Lessons are designed to run smoothly alongside school term times and holidays.
- **Value for Money:** Enjoy high-quality lessons delivered by accredited instructors in small, focused groups or tailored private sessions.

We're committed to making swimming lessons accessible, transparent, and straightforward for all families!



# Group and Private Lessons

Our group lessons, ranging from **Water Confidence to Swim Gold**, are designed to ensure quality instruction and meaningful progress for all participants.

- **Small Class Sizes:**

With a maximum ratio of **4:1**, each child receives personalised attention, allowing instructors to spend quality time with every swimmer.

- **Ability-Based Groups:**

Children are grouped by skill level to ensure that lessons are engaging and appropriately challenging for everyone in the class. This encourages teamwork and helps swimmers develop at a similar pace.

- **Focused Learning Environment:**

Small class sizes reduce distractions, helping children focus better. This concentrated environment enables swimmers to master new and challenging skills more efficiently.

Group lessons are perfect for children who enjoy social interaction and benefit from structured, ability-based instruction in a supportive setting.

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Our private lessons are designed for swimmers who prefer or need one-to-one attention.

- **Accelerated Learning:**

Ideal for children who want to progress quickly or focus on specific skills with tailored guidance from their instructor.

- **Support for Shy Swimmers:**

Private lessons provide a safe, personalised space for children who may feel uncomfortable or overwhelmed in a group setting.

- **Family Format Option:**

Private lessons can accommodate up to three family members, even if they are at different ability levels. This format is perfect for families looking to learn together or for parents who want siblings to progress in the same session.

- **Customised Goals:**

Lessons are typically based on the same ability groups and targets as our group lessons. However, they can be adapted to meet individualised goals upon request.

## **Requirements for All Lessons**

- Children must be a minimum of **3 years old**.
- All swimmers must be able to participate in lessons **independently** to begin.

# **Trial Lesson**

## **Try a Trial Lesson at Evolution Swim School**

Not sure if swimming lessons are right for your child? Or want to experience our teaching approach before committing to a full term? At Evolution Swim School, we offer **trial lessons** for new customers, providing a perfect opportunity to try us out!

### **How It Works:**

- **One off payment:** Book a single trial lesson to see if our programme suits your needs.
- **Flexible Options:** Trial lessons are available for both group and private tuition (subject to availability).
- **Decide Later:** After the trial, you can choose to continue with us for the remainder of the current term.

### **Trial Lesson Prices:**

- **Group Lessons:** £12 per session
- **Private Lessons:** £35 per session

### **Why Book a Trial Lesson?**

- Experience our **high-quality instruction** and welcoming environment.
- Assess how well your child fits into our **small group sizes** or benefits from **individual attention** in private lessons.
- Meet our **accredited instructors** and get a feel for our teaching approach.

Don't miss this opportunity to see what makes Evolution Swim School the perfect choice for building water confidence, skills, and safety.



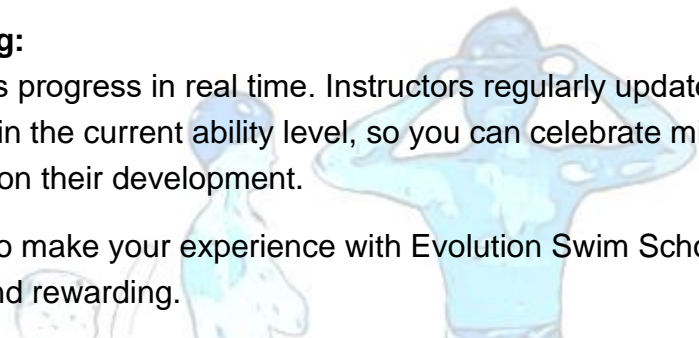
# Homeportal


When you book lessons with Evolution Swim School, your child will gain access to a personalised **HomePortal account**, giving you the tools to stay informed and engaged throughout their swimming journey.

## What You Can Access on HomePortal:

- **Curriculum Details:**  
Easily view the curriculum for your child's current ability level, including the specific skills they are working to achieve.
- **Lesson Information:**  
Stay organised with instant access to lesson times, ensuring you never miss a session.
- **Progress Tracking:**  
Monitor your child's progress in real time. Instructors regularly update their achievements within the current ability level, so you can celebrate milestones and stay informed on their development.

HomePortal is designed to make your experience with Evolution Swim School seamless, transparent, and rewarding.



 **KIERAN MCGUCKIN**  
10000363

74%

**Learn Bronze**

**Saturday 10:00**

Prepaid sessions remaining **3**

Next session  
Saturday, August 28th 2021,  
10:00 am

Final session  
Saturday, September 11th 2021,  
10:00 am

[Top up](#)

**+ ADD MEMBER**


**Competency**

Can safely star jump into the pool (unaided)  
Last updated: Wednesday, August 25th 2021

Can collect sunken objects from shallow water  
Last updated: Wednesday, August 25th 2021

Can safely pencil jump into the pool (unaided)  
Last updated: Wednesday, August 25th 2021

[View all competencies](#)

 **KIERAN MCGUCKIN**  
Competency  
**Learn Bronze**

74%

**Learn Bronze**

Can safely star jump into the pool (unaided)  
Last updated: Wednesday, August 25th 2021

Can safely pencil jump into the pool (unaided)  
Last updated: Wednesday, August 25th 2021

Can collect sunken objects from shallow water  
Last updated: Wednesday, August 25th 2021

Can perform a star float for 10 seconds (prone)  
Last updated: Wednesday, August 25th 2021

Can perform a star float for 10 seconds (back)  
Last updated: Wednesday, August 25th 2021

Can perform a pencil float for 10 seconds (prone)  
Last updated: Wednesday, August 25th 2021

Can perform a pencil float for 10 seconds (back)  
Last updated: Wednesday, August 25th 2021

# **Ability Groups**

## **Ability Groups at Evolution Swim School**

At Evolution Swim School, we offer **seven distinct ability groups**, catering to swimmers of all levels—from complete novices taking their first steps in the water to skilled club-level swimmers refining their technique.

## **Placing Children in the Right Group**

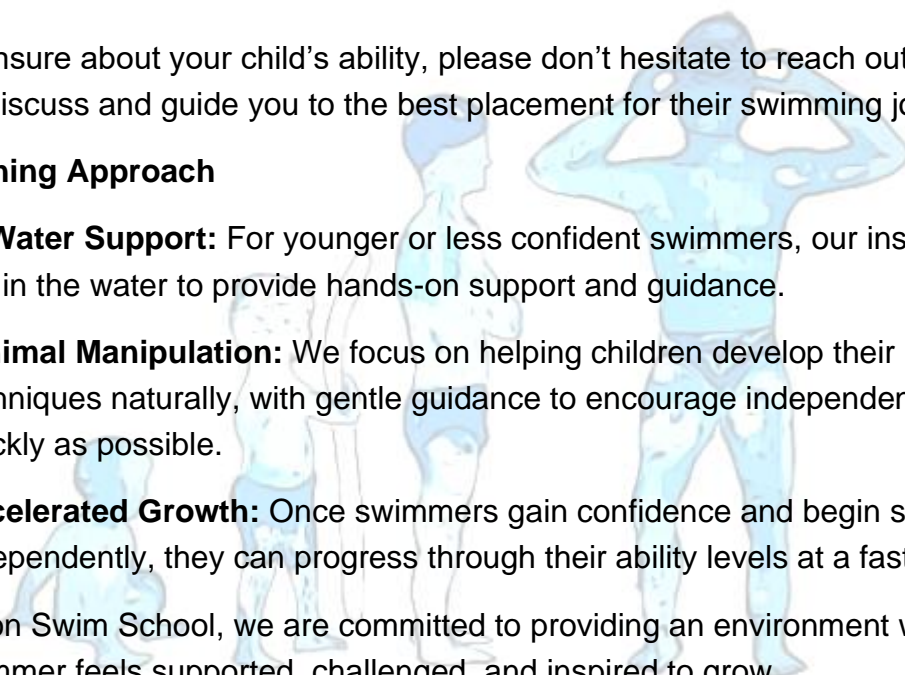
We aim to place every child in the most suitable ability group based on the information provided during registration. Each group has clear **minimum requirements** to ensure that children are learning alongside others at a similar skill level.

If you're unsure about your child's ability, please don't hesitate to reach out—we're happy to discuss and guide you to the best placement for their swimming journey.

## **Our Teaching Approach**

- **In-Water Support:** For younger or less confident swimmers, our instructors are in the water to provide hands-on support and guidance.
- **Minimal Manipulation:** We focus on helping children develop their techniques naturally, with gentle guidance to encourage independence as quickly as possible.
- **Accelerated Growth:** Once swimmers gain confidence and begin swimming independently, they can progress through their ability levels at a faster rate.

At Evolution Swim School, we are committed to providing an environment where every swimmer feels supported, challenged, and inspired to grow.



# Water Confidence

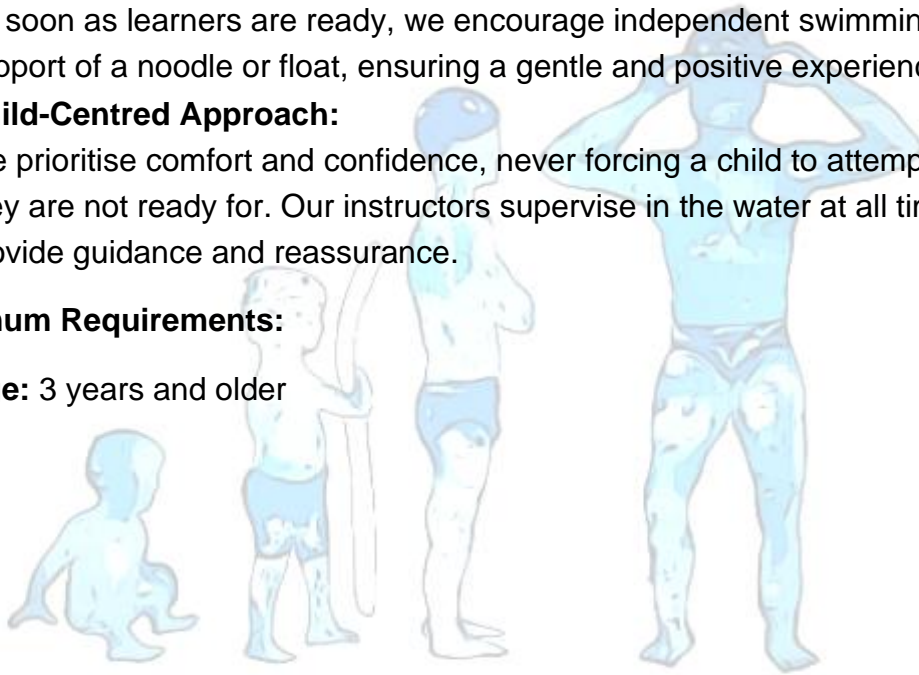
Welcome to the first step in our **Learn to Swim** programme—**Water Confidence**. This level is designed for beginners to build a strong foundation of safety and confidence in the water, providing essential aquatic skills that will set them up for future success.

## What to Expect:

- **Core Aquatic Skills:**  
Children will learn essential water safety and swimming fundamentals, focusing on independence from their very first lesson.
- **Encouraging Independence:**  
As soon as learners are ready, we encourage independent swimming with the support of a noodle or float, ensuring a gentle and positive experience.
- **Child-Centred Approach:**  
We prioritise comfort and confidence, never forcing a child to attempt anything they are not ready for. Our instructors supervise in the water at all times to provide guidance and reassurance.

## Minimum Requirements:

- **Age:** 3 years and older



# Learn Bronze

This ability group is for children who are already confident and safe in the water, but we aim to continually strengthen these skills while introducing proper stroke techniques. At this stage, we lay the groundwork for lifelong swimming success by teaching **correct front crawl and back crawl techniques** from the very beginning.

By focusing on proper form now, we help eliminate potential stroke defects that can be difficult to correct later, ensuring your child progresses with confidence and skill.

## What to Expect:

- **Stroke Introduction:**

Children will learn the basics of front crawl and back crawl, with a focus on correct technique to build a strong foundation.

- **Core Skill Development:**

We continue to build on essential aquatic skills learned in earlier lessons, enhancing confidence and independence in the water.

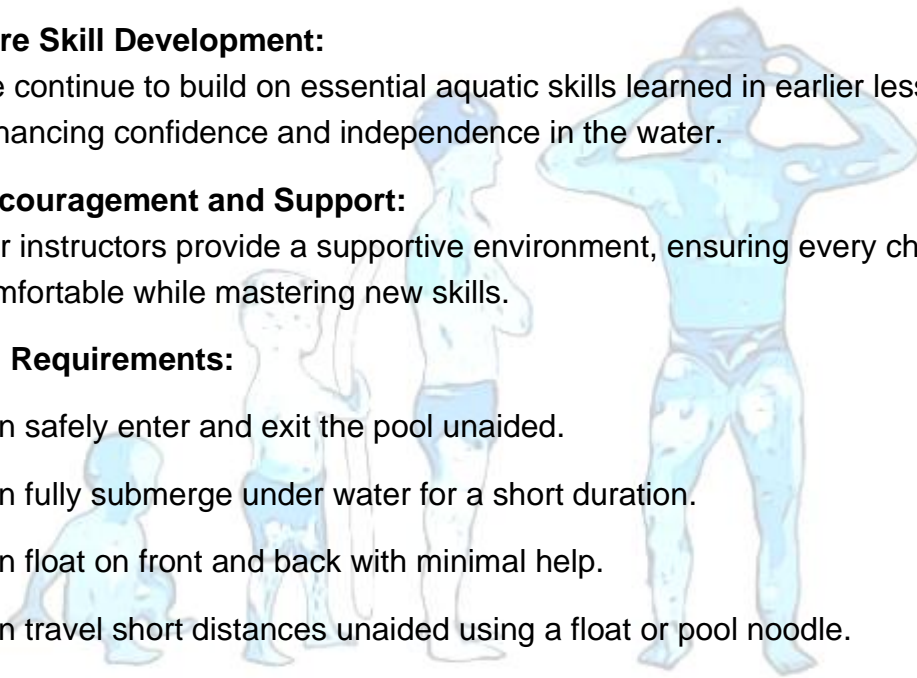
- **Encouragement and Support:**

Our instructors provide a supportive environment, ensuring every child feels comfortable while mastering new skills.

## Minimum Requirements:

- Can safely enter and exit the pool unaided.
- Can fully submerge under water for a short duration.
- Can float on front and back with minimal help.
- Can travel short distances unaided using a float or pool noodle.

This level is designed to nurture swimming independence while introducing essential techniques for progression.



# Learn Silver

Our **Learn Silver** group is a key step in your child's swimming journey. At this stage, we introduce **breaststroke** while continuing to refine front crawl and back crawl skills learned in previous lessons. This level is designed to encourage swimmers to start swimming unaided and take their first steps into dive practice.

## What to Expect:

- **Breaststroke Fundamentals:**

We focus on teaching correct breaststroke technique from the outset to prevent long-term issues and ensure efficient swimming.

- **Unaided Swimming:**

Swimmers are encouraged to swim independently, with instructors prompting proper technique, even if covering short distances to begin with.

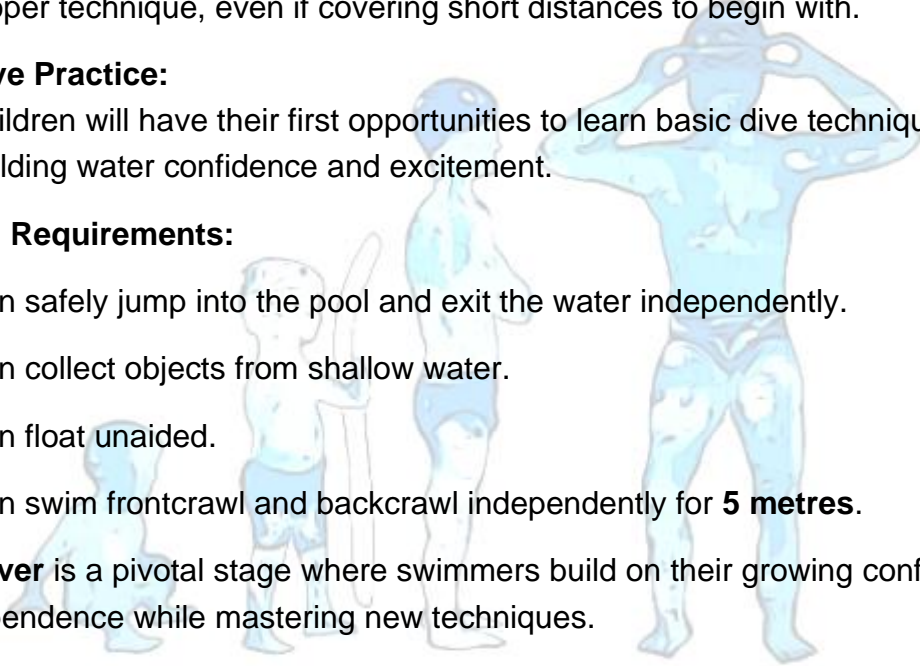
- **Dive Practice:**

Children will have their first opportunities to learn basic dive techniques, building water confidence and excitement.

## Minimum Requirements:

- Can safely jump into the pool and exit the water independently.
- Can collect objects from shallow water.
- Can float unaided.
- Can swim frontcrawl and backcrawl independently for **5 metres**.

**Learn Silver** is a pivotal stage where swimmers build on their growing confidence and independence while mastering new techniques.



# Learn Gold

**Learn Gold** marks a significant step in your child's swimming journey, focusing on refining skills, increasing endurance, and introducing essential deep-water techniques. At this stage, children are encouraged to swim while maintaining proper technique.

## What to Expect:

- **Proper Breathing Techniques:**

Front crawl breathing is introduced and reinforced to prevent the need for corrections in later stages. This ensures swimmers develop efficient and natural breathing patterns.

- **Endurance Building:**

Lessons focus on increasing the distance children can swim unaided while maintaining correct technique in all strokes.

- **Dive Progression:**

Building on previous dive skills, swimmers will progress to more advanced techniques to improve confidence and safety.

- **Deep-Water Skills:**

Introduction to deep-water swimming includes essential safety techniques, helping swimmers feel secure and capable in deeper environments.

## Minimum Requirements

- Perform a sitting dive.
- Collect objects from beyond standing depth.
- Swim basic breaststroke for **15 metres**.
- Swim backcrawl with correct technique for **15 metres**.
- Swim frontcrawl with correct breathing for **15 metres**.
- Push off in a streamlined position for **5 metres** while kicking (on front and back).

**Learn Gold** is a vital stage that prepares swimmers for advanced skills while fostering independence, endurance, and deep-water safety.

# Swim Bronze

The **Swim Bronze** level marks a significant transition in your child's swimming journey, shifting from traditional learn-to-swim lessons to a focus on endurance and advanced techniques. In this stage, swimmers refine their front crawl, back crawl, and breaststroke while being introduced to the fundamentals of butterfly.

## What to Expect:

- **Stroke Refinement and Technique:**

Swimmers continue to perfect the three strokes already covered, with an emphasis on maintaining proper technique over longer distances.

- **Introduction to Butterfly:**

Butterfly is introduced in a manageable way, allowing swimmers to build a strong foundation for this challenging stroke.

- **Lane Etiquette:**

For the first time, swimmers learn proper lane etiquette, preparing them for more structured swimming environments and ensuring safe, efficient practice in a shared space.

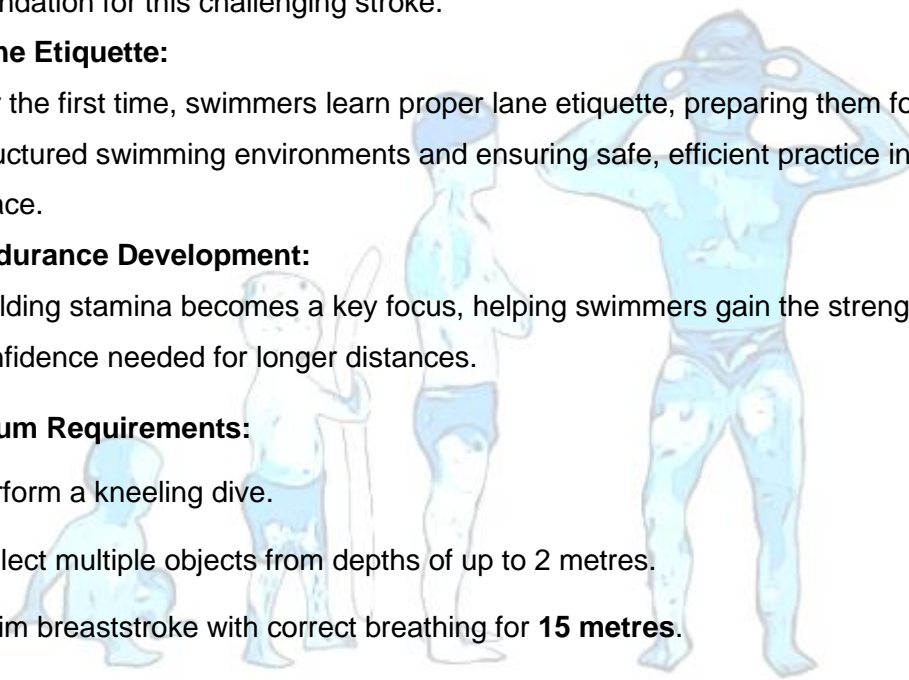
- **Endurance Development:**

Building stamina becomes a key focus, helping swimmers gain the strength and confidence needed for longer distances.

## Minimum Requirements:

- Perform a kneeling dive.
- Collect multiple objects from depths of up to 2 metres.
- Swim breaststroke with correct breathing for **15 metres**.
- Swim back crawl with proper technique for **25 metres**.
- Swim front crawl with correct breathing for **25 metres**.
- Swim basic butterfly for **15 metres**.
- Push off in a streamlined position for **15 metres** while kicking (front and back).

This stage helps swimmers bridge the gap between foundational swimming and more advanced techniques, laying the groundwork for competitive or recreational pursuits. It's also a vital opportunity to build the endurance and discipline needed for future swimming success.



# Swim Silver

The **Swim Silver** level is designed for swimmers looking to take the next step towards club-level swimming. This stage focuses on advanced techniques, competitive skills, and refining all four strokes.

## What to Expect:

- **Advanced Techniques:**

Swimmers will be introduced to front crawl and back crawl tumble turns, race starts, and other skills essential for competitive swimming.

- **Stroke Refinement:**

Swimmers continue to improve their breaststroke, butterfly, front crawl, and back crawl, focusing on endurance and maintaining correct breathing techniques.

- **Preparation for Competitive Swimming:**

The skills taught at this level are designed to prepare swimmers for potential transitions to club-level training, giving them a strong foundation in both technique and performance.

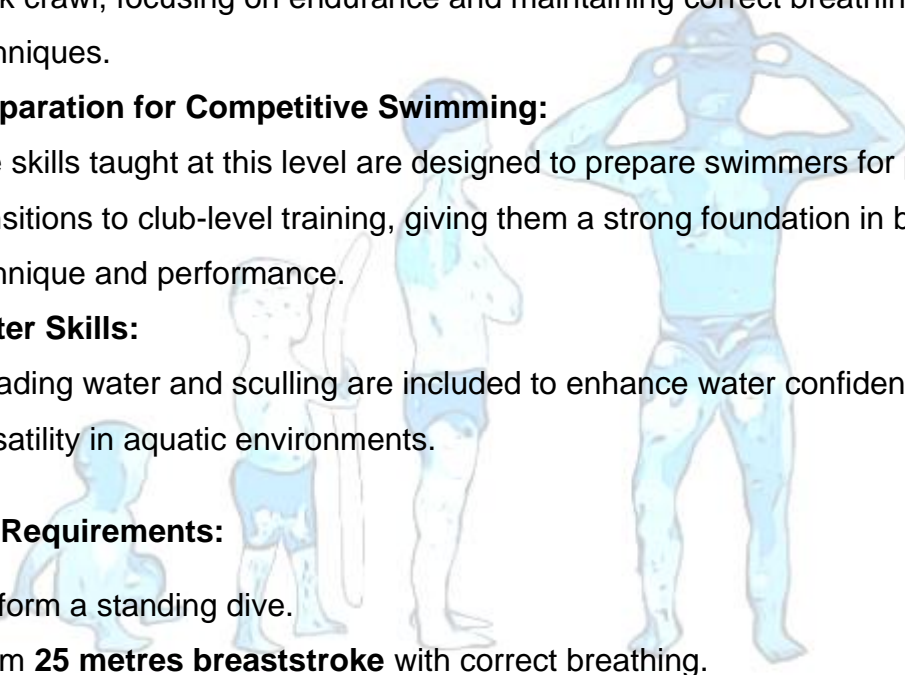
- **Water Skills:**

Treading water and sculling are included to enhance water confidence and versatility in aquatic environments.

## Minimum Requirements:

- Perform a standing dive.
- Swim **25 metres breaststroke** with correct breathing.
- Swim **50 metres front crawl** and **back crawl** with correct breathing.
- Swim **25 metres butterfly** with basic technique.
- Tread water and scull effectively.

This ability level bridges the gap between recreational and competitive swimming, ensuring swimmers are equipped with the skills, discipline, and confidence to succeed at a higher level. Whether pursuing club swimming or honing advanced skills, Swim Silver sets swimmers up for success.



# Swim Gold

Whether your child is already part of a swimming club and needs extra tuition or is preparing to make the leap from learn-to-swim programmes to a club environment, **Swim Gold** is the perfect choice. These lessons are tailored for swimmers who want to refine their skills, improve endurance, and take their performance to the next level.

## What to Expect:

- **Club-Like Environment:**

Our lessons replicate the structure and intensity of a club setting while maintaining the personalised attention that has been a hallmark of our programme.

- **Refinement of All Strokes:**

Perfect for swimmers looking to fine-tune specific aspects of their technique or receive a closer analysis of their strokes.

- **Endurance Building:**

A key focus of this level is increasing stamina and helping swimmers build the strength needed for competitive performance.

- **Targeted Improvement:**

Lessons are designed to address specific areas where swimmers need extra support, ensuring they leave the session feeling more confident and capable.

