

# Evolution Swim School CIC

Company number SC671985



Welcome Pack - Linlithgow

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# Welcome!

Welcome to Evolution Swim School and thank you for choosing us to help fulfil your swimming goals. This is a short welcome pack to help you get to know our company and how we operate. If there is anything in the pack that you do not understand please contact us at [info@evolutionsswimschool.co.uk](mailto:info@evolutionsswimschool.co.uk).

Evolution Swim School is a private learn to swim company (est. 2018) set up by Kieran McGuckin that aims to deliver the highest quality lessons possible for a reasonable price.

After competing for Scotland at the 2018 Commonwealth Games, Gold Coast Australia, and helping Scotland achieve its first ever Medal in the 4x100m Freestyle Relay Kieran decided to open Evolution Swim School.

Having nearly 20 years' experience competing and 10 years' teaching, Evolution Swim School aims to combine both the professional and fun aspect of swimming to provide a unique way of learning to swim. From beginners all the way through to club level athletes we will provide the right programme to meet your desired results.

At Evolution Swim School we aim to try and help as many young swimmers become confident and safe in the water, while also providing a platform so that they can one day progress to be future champions if they choose to do so.

We follow the Scottish Swimming, the National Governing Body, Learn to Swim Framework which aims to raise standards and achieve consistency in swimming programmes across Scotland.

At Evolution Swim School we aim to provide a personal experience to all those taking part in lessons and always make sure children are taught in a safe and fun environment.

This means all teachers who are under a contract of service with Evolution Swim School must be part of the PVG scheme, had proper training regarding child protection and hold at minimum a level 1 UKCC accredited Teaching Aquatics qualification.

# Becoming a CIC

## What is a CIC?

A CIC is a community interest company that has the aim to help better their local community.

## What does Evolution Swim School CIC do to help the community?

During the 2020 worldwide Covid-19 pandemic it became apparent to us that we need to do more to help those that are less fortunate. As of August 2020, Evolution Swim School became a CIC with the aim of providing free swimming lessons to the socially and economically underprivileged children and young people within our local areas. This will give access to them access to a sport and skill that they would never normally be able to experience. We believe that the ability to swim is a skill that everyone, regardless of background should be able to get access to.

## Will this affect my swimming lessons?

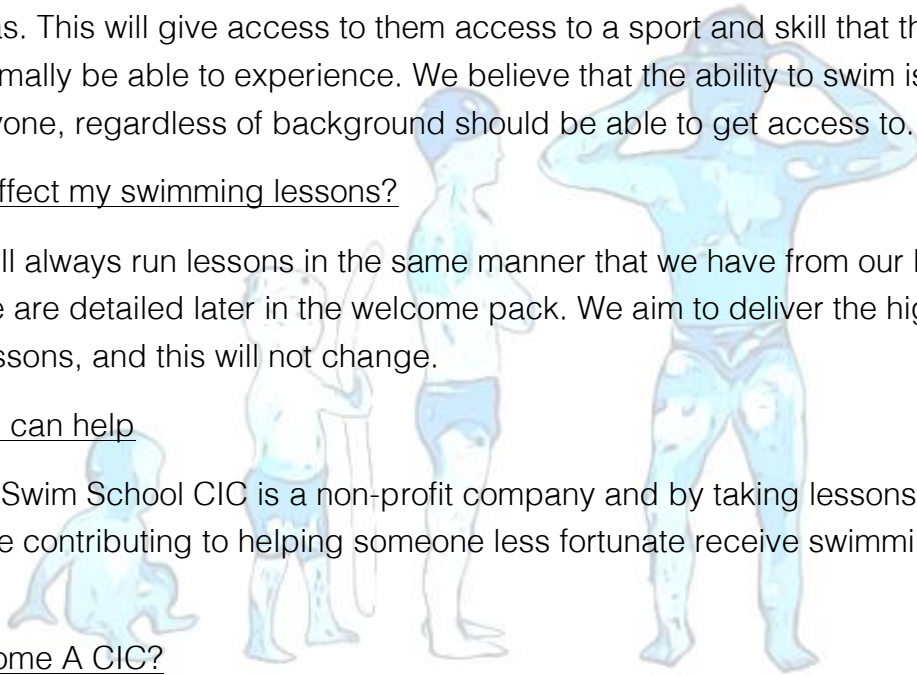
No, we will always run lessons in the same manner that we have from our beginning and these are detailed later in the welcome pack. We aim to deliver the highest quality lessons, and this will not change.

## Ways you can help

Evolution Swim School CIC is a non-profit company and by taking lessons with us you will be contributing to helping someone less fortunate receive swimming lessons.

## Why Become A CIC?

Becoming a CIC is a decision we did not take lightly but being a provider of a life skill, we felt it was our duty. The ability to swim should not be a privilege granted to those that have the means but a necessity to a full life. Not only do swimming lessons provide the ability to learn a life skill but social and physical development necessary for a growing child. All of these factors are the reason we pushed to try and better the communities we work in.





# Locations and Days

Linlithgow Academy

Saturday 9am – 2pm



Linlithgow Academy is a 4 lane 18m pool that is, 0.75m at the shallow end and 1.3m at the deep end. This allows us to accommodate all ranges of abilities, building confidence in the shallow end and practicing advanced skills in the deep end.

During lessons we have sole access to the pool, this will ensure there is no distractions going on in the background and there is an abundant amount of space for everyone to enjoy their lessons.

For directions to Linlithgow Academy [click here](#).

We currently run private and group lessons for all ability groups on a Saturday.

# Term Dates

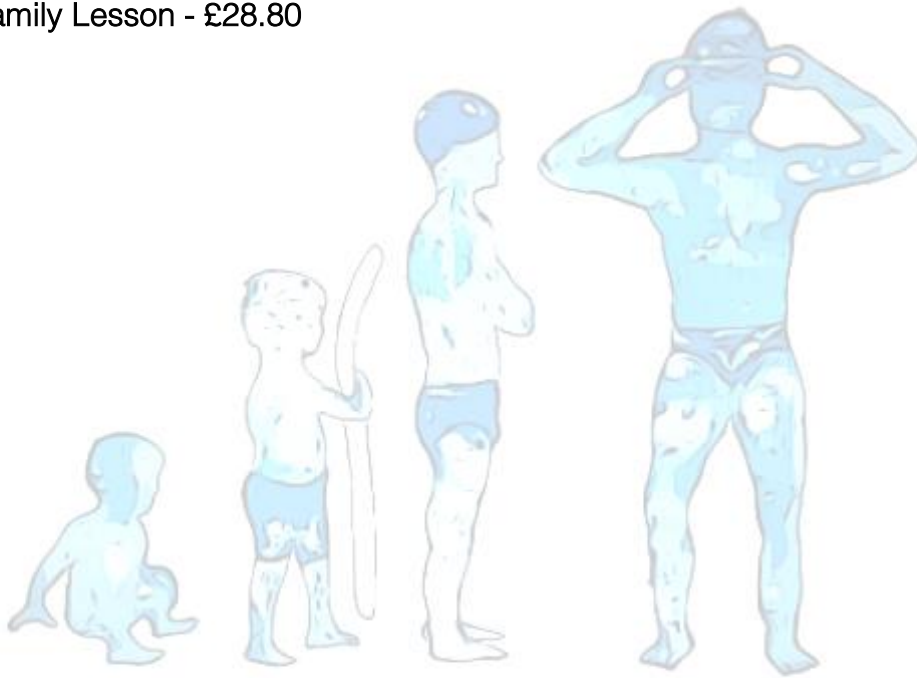
Lessons are run over 4 blocks which mirror the School term times; Autumn, Winter, Spring and Summer. With the addition of Summer Camps that run over the course of the school Summer Holidays. Due to the current pandemic, ongoing term dates are subject to change with government guidance. We will follow school terms as closely as possible.

Summer Camp dates will be released closer to the time once there has been pool time allocated.

**Lesson cost:**

**Group Lesson - £9.60**

**Private/Family Lesson - £28.80**

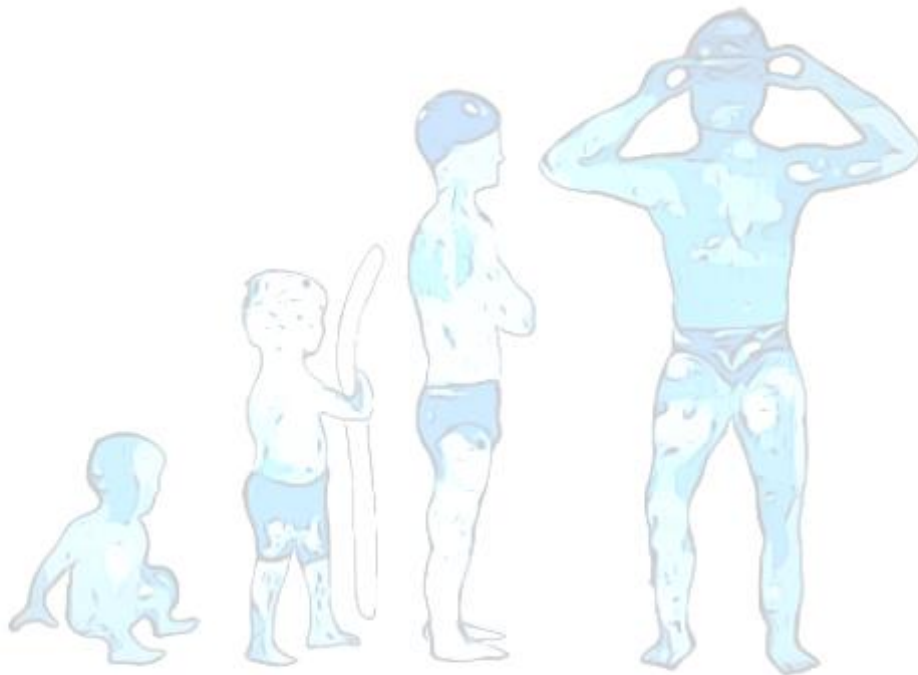


# Payment options

Payments for first term lessons can be made via the following options:

- Card Payment
- Bank Transfer

At Evolution Swim School once you have signed up to your first block of lessons you will be automatically enrolled into the subsequent block and your place will always be reserved. You will receive a reminder e-mail 3 weeks before the end of the current block and given until one week before the end of term to opt out of the next block. This allows us time to fill your space if you no longer want it. After your first term you will be able to make payments for lessons via your HomePortal.



# Homeportal & Report Cards

When you book onto our lessons your child will get access to one of our Homeportal accounts. Within an account you will be able to access the following:

- What level your lessons are
- What time your lessons take place
- How many lessons are left in the current term
- Progress your child has made in their current ability level (see below)

Our Report Cards ensure that you get detailed feedback of lessons and how the swimmer is progressing. We feel this is a much more personal way to communicate and gives a better representation of how the lessons are going. Report cards are issued at the end of each term.

The screenshot shows the Homeportal interface for a user named Kieran McGuckin (ID: 10000363). The main card displays the user's name, a progress indicator at 74%, and session information for 'Learn Bronze' on Saturday 10:00. It also shows 3 prepaid sessions remaining and the dates for the next and final sessions. A 'Top up' button is visible. Below this is an '+ ADD MEMBER' button. To the right, a 'Competency' section lists three skills with progress indicators and last updated dates. A 'View all competencies' button is at the bottom right.

**KIERAN MCGUCKIN**  
10000363

**Learn Bronze** **Saturday 10:00**

74%

Prepaid sessions remaining **3**

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

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

[Top up](#)

**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](#)

**+ ADD MEMBER**

The screenshot shows a detailed competency report card for Kieran McGuckin. It features a progress indicator at 74% and a list of competencies with progress bars and last updated dates.

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

**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

At Evolution Swim School we have seven different ability groups ranging from novices, who may have never stepped foot in a swimming pool, to competent club level swimmers who are looking to try and refine their technique.

We try our best to appropriately place children in ability groups based off the information given to us. Below each ability level has the minimum requirements to be placed within that level. If you are unsure about the ability of your child(ren) please feel free to contact us to discuss.

From Water Confidence to Learn Silver teachers will be in the water with the children to help with their confidence and use minimal manipulation to help the children's techniques grow as natural as possible. Learn Gold onwards it is completely independent.

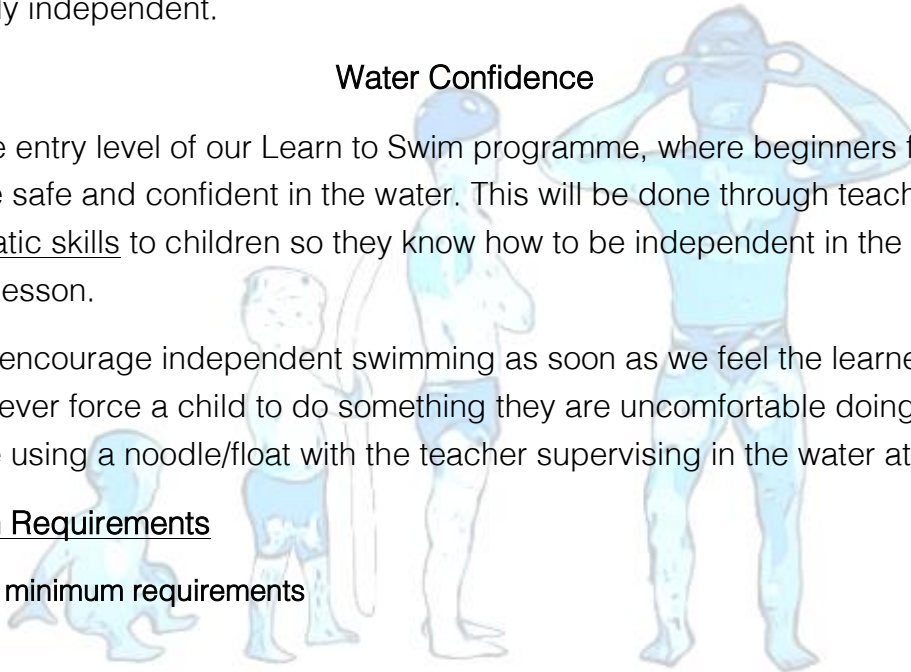
## **Water Confidence**

This is the entry level of our Learn to Swim programme, where beginners first learn how to be safe and confident in the water. This will be done through teaching all the core aquatic skills to children so they know how to be independent in the water from their first lesson.

We try to encourage independent swimming as soon as we feel the learner is ready and will never force a child to do something they are uncomfortable doing. This will mostly be using a noodle/float with the teacher supervising in the water at all time.

### **Minimum Requirements**

- No minimum requirements



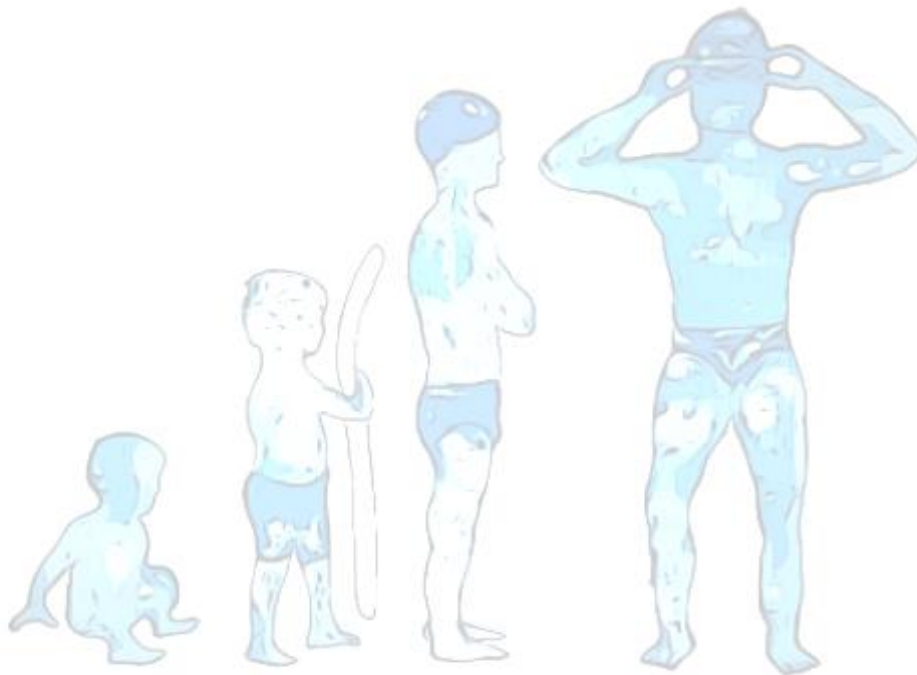
## Learn Bronze

Children in this ability group should be confident and safe in the water, but we will continually try to improve this. In our programme we aim to teach the correct stroke technique right from the start, this can eliminate any unnecessary stroke defects that can be tricky to fix later.

Both frontcrawl and backcrawl will be introduced whilst trying to further develop the core skills learnt in previous lessons.

### 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 small distances with a float or pool noodle unaided



## Learn Silver

In this ability group we introduce Breaststroke and continue the development of the other strokes already covered in previous lessons. In this group, children will be encouraged to start swimming unaided and will have their first opportunity to start dive practice.

The focus is to make sure that correct technique is taught, especially on Breaststroke. Long-term problems can develop early if the correct technique is not taught. When swimming unaided children will continually be prompted to use the correct techniques even if only a small distance to begin with.

### Minimum Requirements

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



## Learn Gold

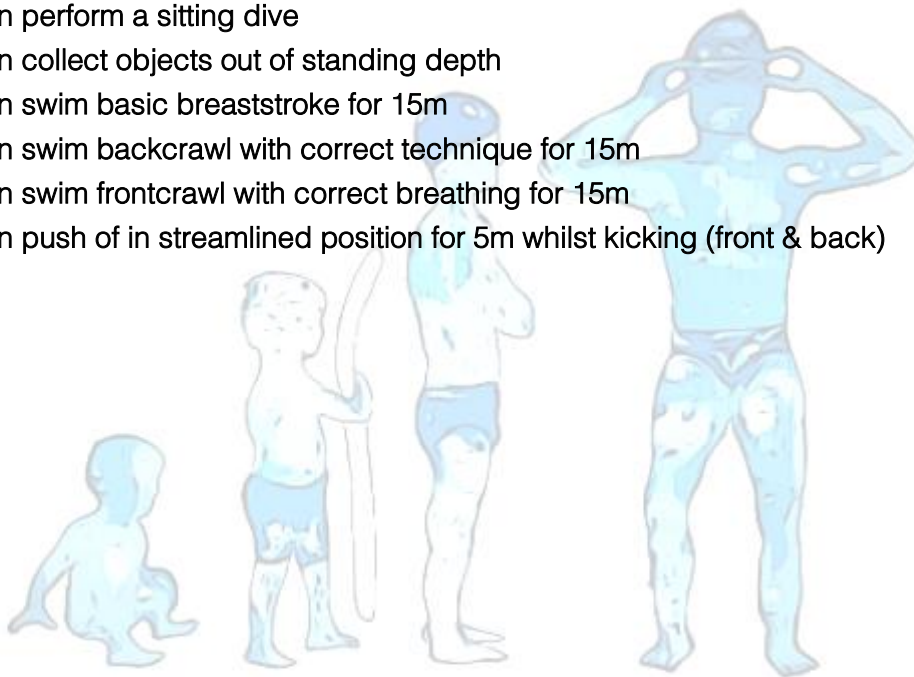
It will be at the teacher's discretion if they are in the water during these lessons.

The aim of these lessons is to introduce the proper breathing techniques in Frontcrawl and progress the diving techniques learnt in previous lessons. Increasing endurance should also be a main goal and making the children swim further unaided. Introduction to deep water and how to be safe in there unaided.

The focus should be on insuring that the proper breathing technique is introduced to reduce the chance that correction is needed later in lesson progression. Children will be encouraged to swim alone most of the time whilst maintaining correct techniques.

### Minimum Requirements

- Can perform a sitting dive
- Can collect objects out of standing depth
- Can swim basic breaststroke for 15m
- Can swim backcrawl with correct technique for 15m
- Can swim frontcrawl with correct breathing for 15m
- Can push of in streamlined position for 5m whilst kicking (front & back)



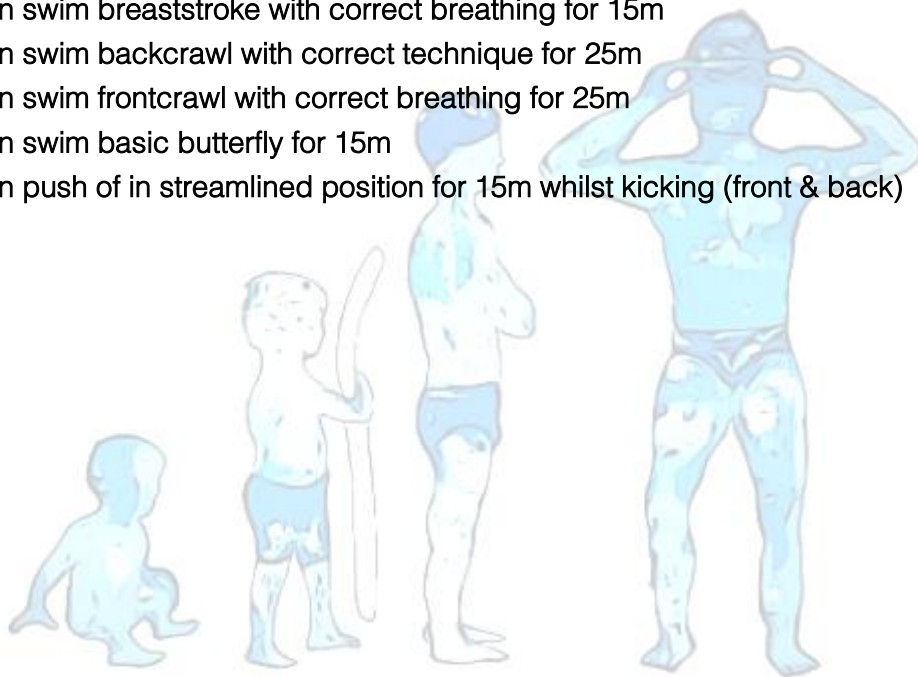
## Swim Bronze

The aim of these lessons is to continue development of the three strokes covered in earlier lessons and introduce Butterfly. As the children will be in the water without the teacher, they will also be taught proper lane etiquette.

This is the first stage where there is a slight move away from traditional learn to swim lessons with a move towards increasing endurance. As in all the previous lessons technique will be the foremost of importance.

### Minimum Requirements

- Can perform a kneeling dive
- Can collect multiple objects from depths of 2m
- Can swim breaststroke with correct breathing for 15m
- Can swim backcrawl with correct technique for 25m
- Can swim frontcrawl with correct breathing for 25m
- Can swim basic butterfly for 15m
- Can push off in streamlined position for 15m whilst kicking (front & back)

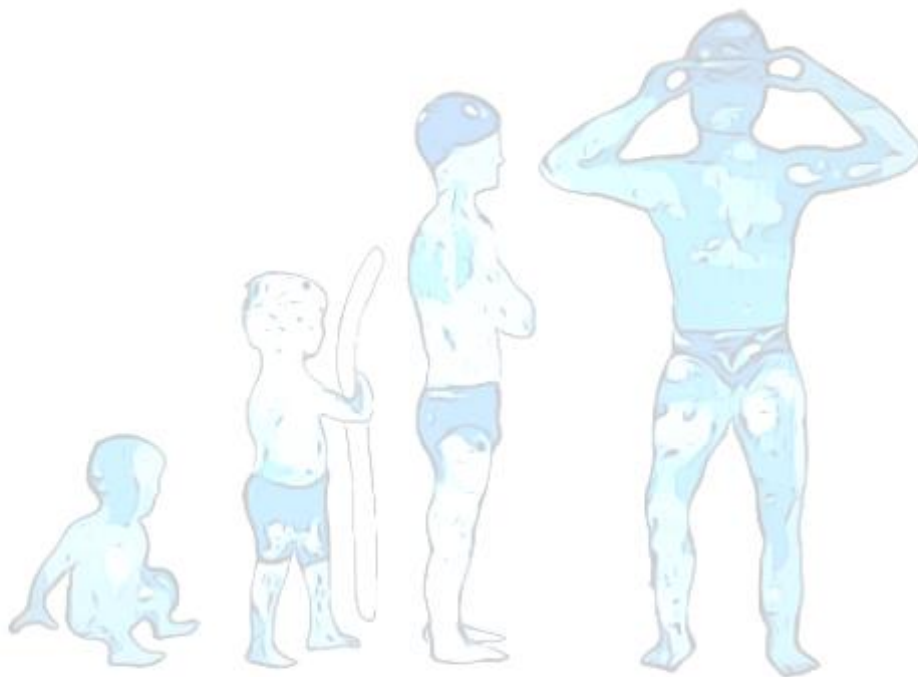




## Swim Silver

In this ability level more advanced techniques will be introduced to help prepare for the potential to move to club level swimming. This will include both frontcrawl and backcrawl tumble turns, race starts and other skills that can be transferred to a club level of swimming.

- Can perform a standing dive
- Can swim 25m breaststroke with correct breathing
- Can swim 50m frontcrawl & backcrawl with correct breathing
- Can swim 25m butterfly with basic technique
- Can tread water & skull



## Swim Gold

Already in a club and looking for some extra tuition or looking to make the transition from learn to swim to a club?

Then these are the lessons for you! If you are looking to improve that one little thing that never seems to go right or simply looking for a close eye on all strokes. We aim to provide the highest level of coaching to our future superstars!

The aim of these lessons is to try and provide a club like environment, whilst still maintaining the focus and attention to detail that has been key throughout all the previous lessons.

The focus will be improving endurance and any specific areas that has been highlighted that the child needs/wants to improve on. Whilst always making sure that the highest quality of technique is being used.



# Group and Private Lessons

At Evolution Swim School we run both private and group lessons to accommodate to everyone's individual needs. For all lesson's children must be a minimum of 3 years old and able to participate in lessons independently to begin.

## **Group Lessons**

All group lessons from Water Confidence to Learn Gold run at a maximum ratio of 4:1, this ensures that all group lessons are high quality and the teacher can spend a meaningful amount of time with each child.

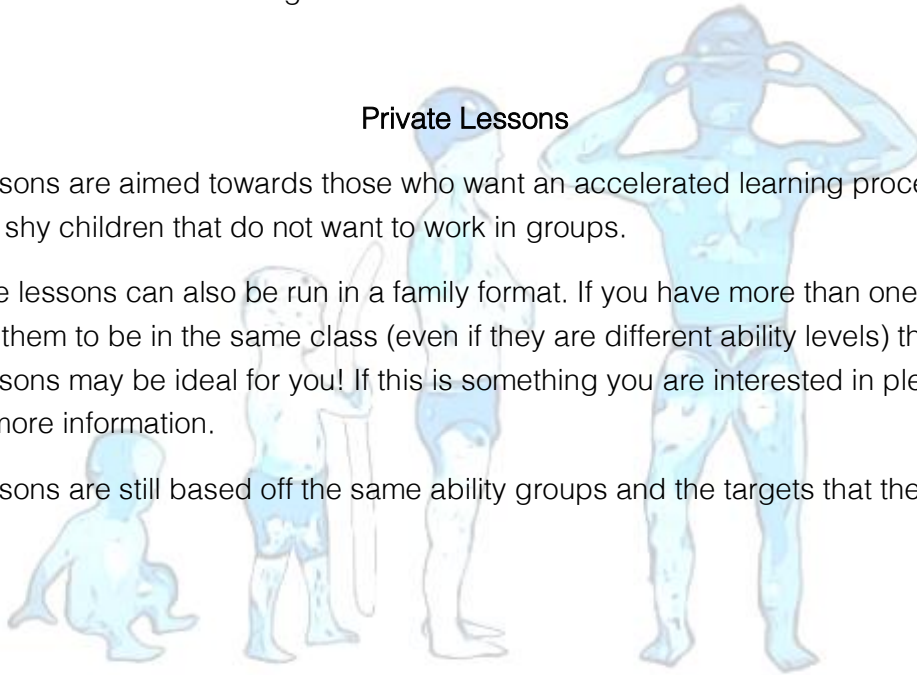
Children are placed in an ability group so that all children are similar level try allowing the teacher to have a lesson plan that will stimulate everyone in the class. With the small classes we have found children have less time to be distracted and can concentrate better. This in turn allows for the learning of new or difficult skills to be mastered in a shorter period.

## **Private Lessons**

Private lessons are aimed towards those who want an accelerated learning process or potentially shy children that do not want to work in groups.

Our private lessons can also be run in a family format. If you have more than one child and would like them to be in the same class (even if they are different ability levels) then our private lessons may be ideal for you! If this is something you are interested in please get in touch for more information.

Private lessons are still based off the same ability groups and the targets that they provide.



# Trial Lesson

Unsure about starting lessons or want to try a lesson with us before committing to a full term?

For new customers we offer the chance to book a trial lesson, where you pay for one lesson and can decide after the trial if you would like to continue with us for the remainder of the current term. Trial lessons can be booked for either private or group tuition. (Dependant on availability)

The trial lesson is priced at the same cost as regular term lessons at a one-unit cost; Group - £9.60, Private - £28.80

