

# Evolution Swim School CIC

Company number SC671985

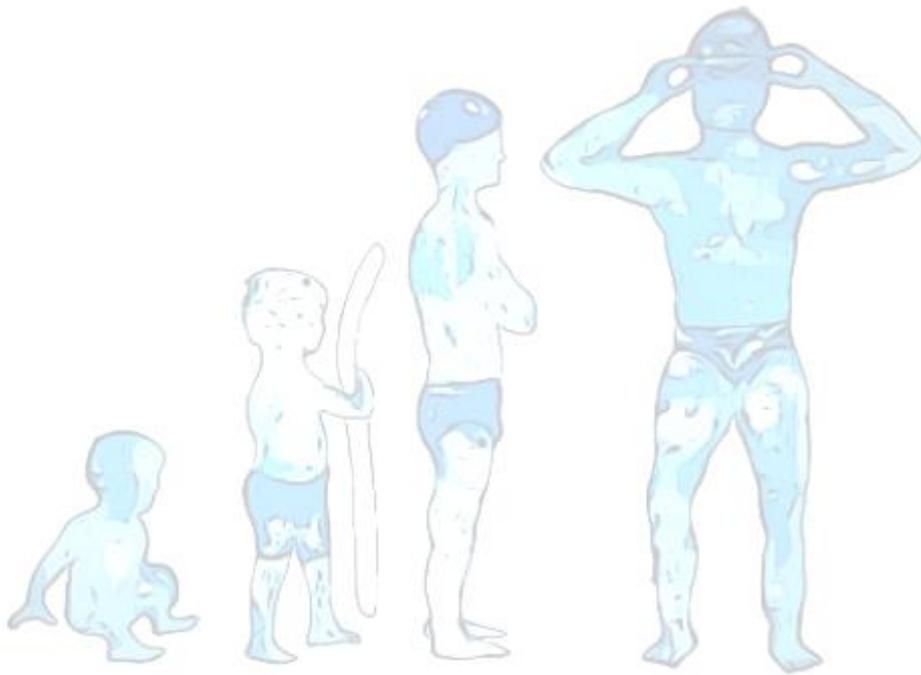


## Welcome Pack

# Contents Page

Section

1. Welcome
2. Becoming a CIC
3. Locations and Days
  - 3.1. Larbert High School
  - 3.2. Graeme High School
4. Term Dates
5. Payment Options
6. Adult Lessons



# 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@evolutionswimschool.co.uk](mailto:info@evolutionswimschool.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 swimmers become confident and safe in the water, while also providing a platform so that they can one day progress to the level they desire.

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 everyone is 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 social 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?

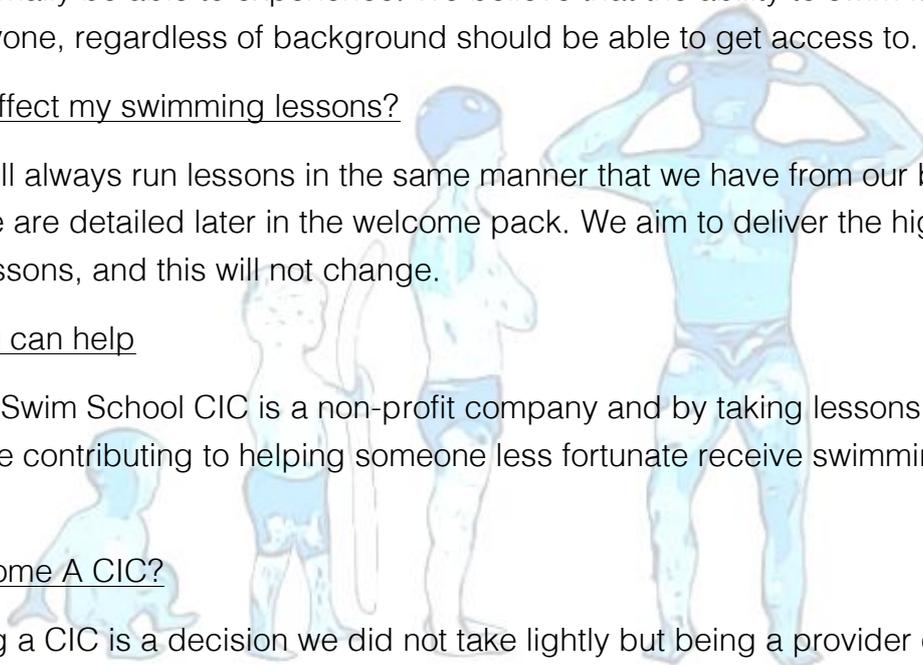
No, we will always run lessons in the same manner that we have from our beginning and these are detailed later in the welcome pack. We aim to deliver the highest quality lessons, and this will not change.

## 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

## Falkirk

Larbert High School

Wednesday 6pm – 8pm, Thursday 4pm – 6pm



Larbert High School is a 5 lane 25m pool that is, 0.7m at the shallow end and 1.8m at the deep end. This allows us to accommodate all ranges of abilities. Building confidence in the shallow end and there is always the option to take lessons into the deep end once ready.

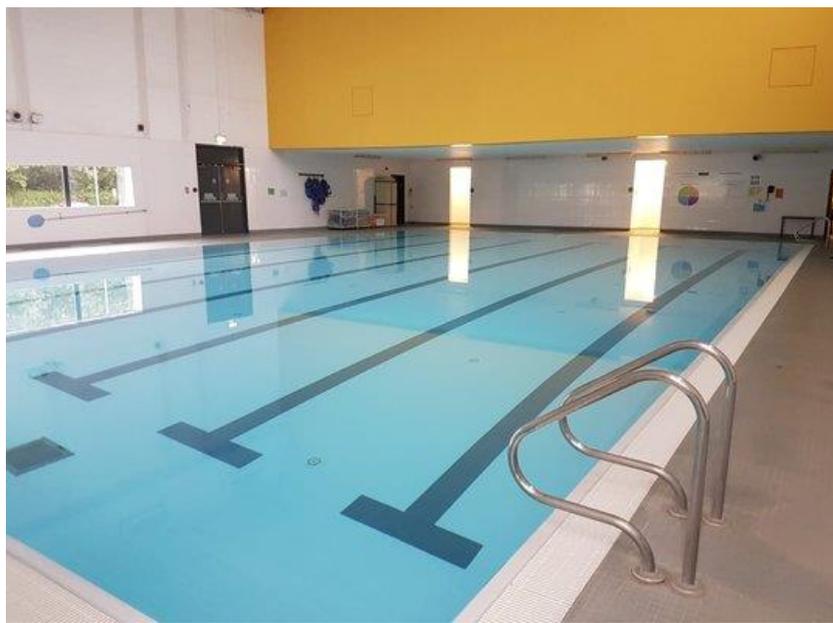
During lessons we have sole access to the pool, this will ensure there is no distractions going on in the background and there is an abundant amount of space for everyone to enjoy their lessons.

For directions to Larbert High School [click here](#).

We currently run Learn to Swim lessons for all ability groups on a Wednesday and Thursday evening.

## Graeme High School

Sunday 9am – 2pm



Graeme High School is a 6 lane 20m pool that is, 0.8m at the shallow end and 1.6m 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 Graeme High School [click here](#).

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

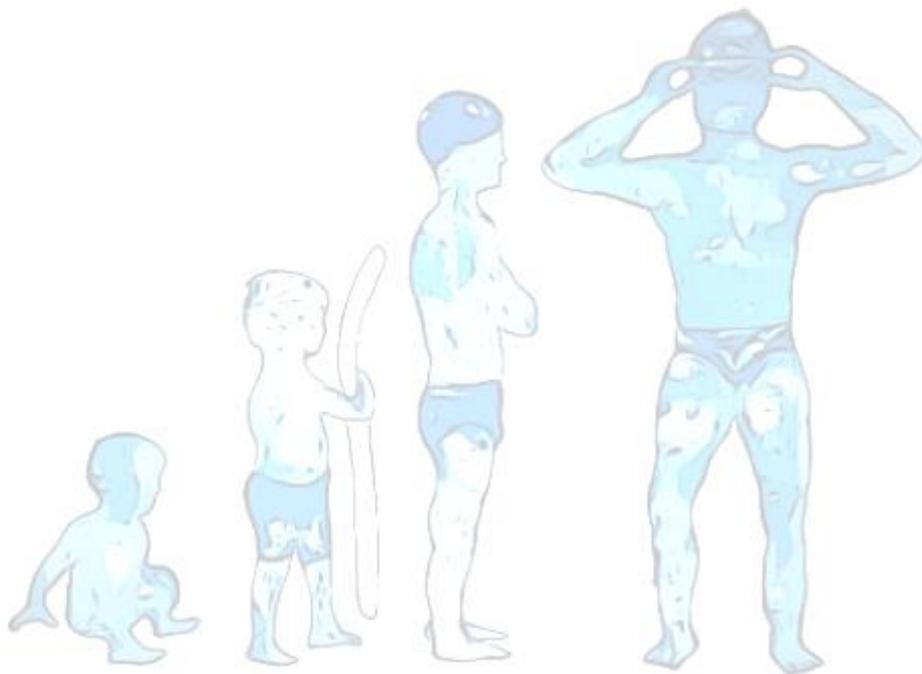
# Term Dates

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:**

**Adult Lesson - £28.80**

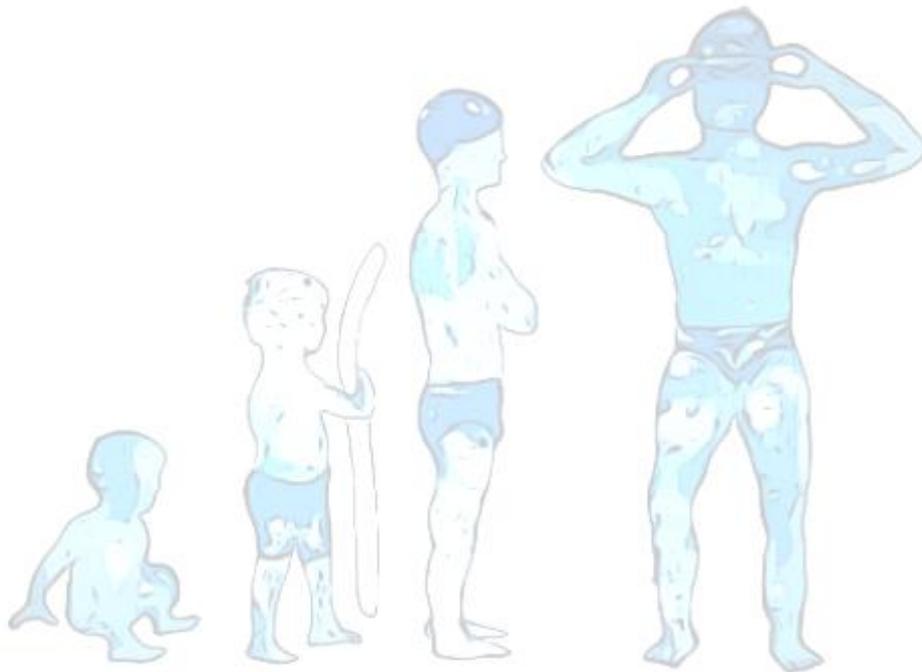


# Payment options

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.



# Adult Lessons

At Evolution Swim School we cater to all levels of Adult learners, from novice to triathlete and aim to help everyone achieve their own individual goals. Instead of following a rigid learn to swim programme, adult learners will be given the opportunity to have input to what they want to learn.

Once you have signed up for a term of lessons, we will set specific targets that you will aim to achieve. At the end of each term we will assess how much progress has been made and give us the opportunity to add/change the goals you are aiming to achieve.

If you are already a competent swimmer and looking to improve technique or endurance, we can also provide a simple training plan that you can use at your own leisure.

We currently only run private tuition for adults but, if you have someone that would like to join lessons with you let us know at [info@evolutionswimschool.co.uk](mailto:info@evolutionswimschool.co.uk) and we may be able to find an alternate arrangement.

