

# Evolution Swim School (est 2018)



Welcome Pack

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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@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 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.



# 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. Children can build their confidence in the shallow end and there is always the option to take lessons into the deep end once they are 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.

# 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.

Autumn Term – 19<sup>th</sup> of August 2019 to 11<sup>th</sup> of October 2019 (8 weeks)

Group – £64

Private - £192

Winter Term – 21<sup>st</sup> of October 2019 to 20<sup>th</sup> of December 2019 (9 weeks)

Group – £72

Private - £216

Spring Term – 6<sup>th</sup> of January 2020 to 3<sup>rd</sup> of April 2020 (14 weeks)

Group – £112

Private - £336

Summer Term – 20<sup>th</sup> of April 2020 to 26<sup>th</sup> of June 2020 (10 weeks)

Group – £80

Private - £240

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

# Payment options

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 2 weeks before the end of the current block and given one week to opt out of the next block. This allows us time to fill your space if you no longer want it.

Payments for lessons can be made via the following options:

- WorldPay invoice
- Standing Order
- Bank Transfer

Unless stated that you do not want to use WorldPay, you will be sent an invoice approximately 1 week before the start of a new block. Payment must be made using your preferred method before the first lesson of a block. Failure to pay before the first lesson may result in losing your place.



# Report Card and Evolution Ladder

At Evolution Swim School we understand that everyone's journey in our programme is different and we want to make sure that each experience is unique. One of the ways we try to achieve this is through our Report Card system, which is complimented by our Evolution Ladder.

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.

If you are new to our programme you will receive a Report Card after the first 5 weeks and then one Report Card at the end of each term. This also provides an opportunity to voice any opinions or concerns you have regarding the lessons.

To complement our Report Cards, we have our Evolution Ladder which is a more traditional feedback system and helps to appropriately group ability levels. This will be continually updated through an online document that you will be given access to. Once an ability level has been completed the participant will move on to the next stage. All of our ability levels and targets will be explained in detail later in the welcome pack.

If you would like to see an example of our Report Cards [click here](#) for a download.



# 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. We have created an ability matrix that asks a few short questions to give a better idea of the best suited ability group for any child, you can [click here](#) to try it out.

From Water Confidence to Learn Gold 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. Swim Bronze 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.

Below are the targets that we will strive to achieve in Water Confidence lessons:

### **Safe entries and exits**

- Can enter and exit the pool safely and unaided
- Can jump into the pool with the assistance

### **Aquatic Breathing and Submersion**

- Can submerge mouth and blow bubbles
- Can submerge face under water up to eyes for a short duration

### **Floatation**

- Can perform a star and pencil float on front and back (assisted)

### **Propulsion**

- Can travel a small distance on front/back using a noodle

## 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.

Below are the targets that we will strive to achieve in Learn Bronze lessons:

### Safe entries and exits

- Can jump into the pool unaided safely

### Aquatic Breathing and Submersion

- Can collect objects from shallow water

### Floatation

- Can perform a star and pencil float on front and back unaided
- Can perform a mushroom float

### Orientation

- Can regain standing from floating position

### Backcrawl

- Can perform basic leg kick action for a short distance unaided (with float)
- Can perform basic arm action for a short distance

### Frontcrawl

- Can perform basic leg kick action for a short distance unaided (with float)
- Can perform basic arm action for a short distance

## 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.

Below are the targets that we will strive to achieve in Learn Silver lessons:

### Streamlining

- Push off in streamline position on back
- Push off in streamline position on front

### Breaststroke

- Can perform basic arm action
- Can perform basic leg kick

### Backcrawl

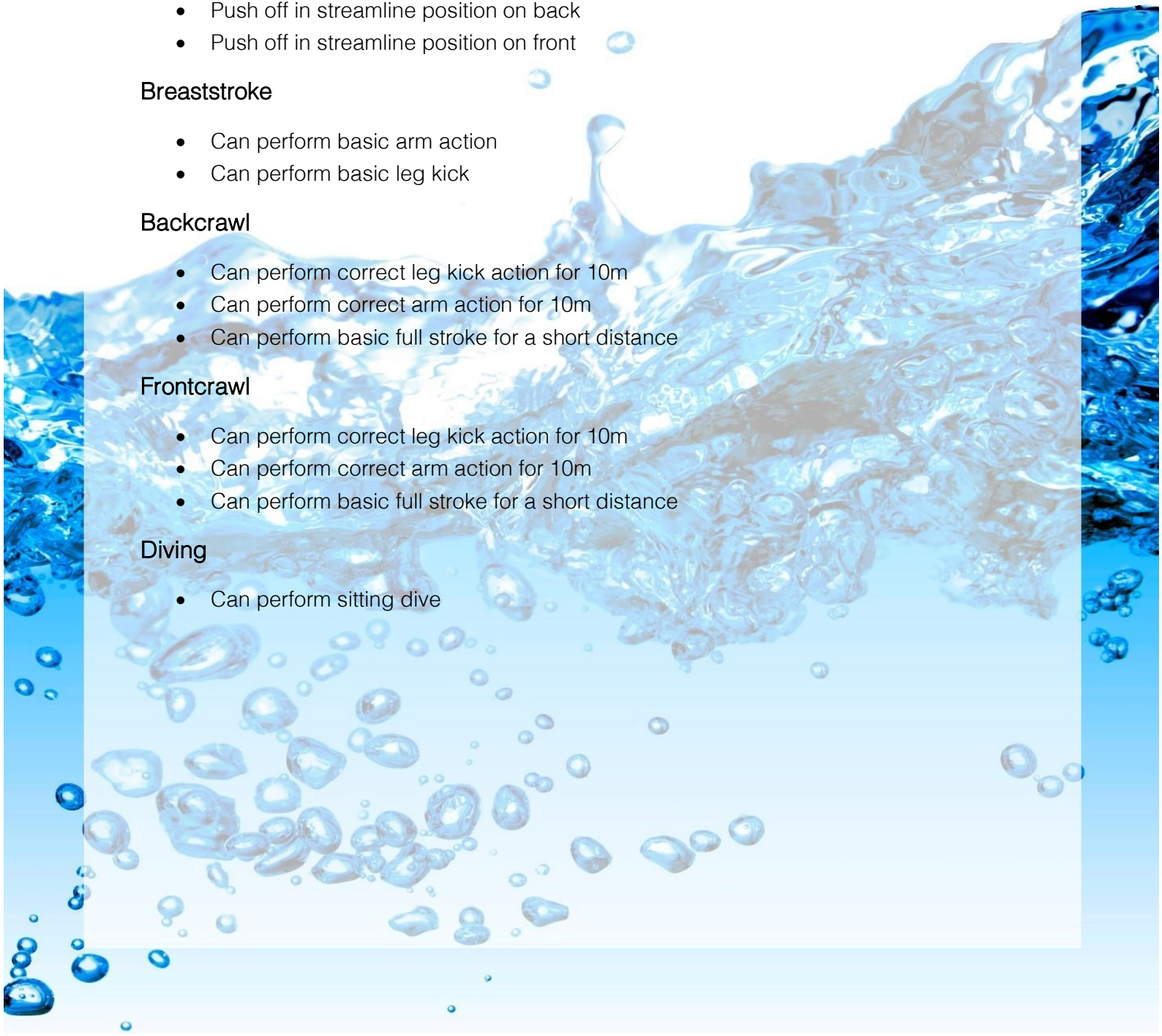
- Can perform correct leg kick action for 10m
- Can perform correct arm action for 10m
- Can perform basic full stroke for a short distance

### Frontcrawl

- Can perform correct leg kick action for 10m
- Can perform correct arm action for 10m
- Can perform basic full stroke for a short distance

### Diving

- Can perform sitting dive



## 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.

Below are the targets that we will strive to achieve in Learn Gold lessons:

### Breaststroke

- Can perform basic full stroke for 15m
- Can perform correct breathing

### Backcrawl

- Can perform full stroke with correct technique for 15m

### Frontcrawl

- Can perform full stroke with correct technique for 15m
- Can perform correct breathing

### Diving

- Can perform knelling dive

### Advanced Core Aquatic Skills

- Can tread water for 30 seconds
- Can collect an object from deep water
- Push off and kick in streamline position on back for 10m
- Push off and kick in streamline position on front for 10m

## 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.

Below are the targets that we will strive to achieve in Swim Bronze lessons:

### Breaststroke

- Can perform full stroke with correct technique for 25m without stopping
- Can perform correct breathing

### Backcrawl

- Can perform full stroke with correct technique for 25m without stopping

### Frontcrawl

- Can perform full stroke with correct technique for 25m without stopping
- Can perform correct breathing

### Butterfly

- Basic dolphin kick on front for 10m
- Basic dolphin kick on back for 10m
- Basic arm action for a short distance

### Diving

- Can perform standing dive
- Can perform kneeling dive and hold a streamline position for 5m

### Advanced Core Aquatic Skills

- Can tread water for 1 minute
- Can scull for 15m

## 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.

Below are the targets that we will strive to achieve in Swim Silver lessons:

### Breaststroke

- 50m continuously using correct technique and breathing
- Can perform the correct underwater pull-out

### Backcrawl

- 50m continuously using correct technique

### Frontcrawl

- 50m continuously using correct technique and breathing

### Butterfly

- 25m of basic full stroke

### Diving

- Can perform a race start
- Can dive and streamline kick for 5m underwater

### Advanced Core Aquatic Skills

- Can perform a backcrawl and frontcrawl tumble turn
- Can perform touch turns in breaststroke and butterfly
- Push off and kick in streamline position on front/back for 10m underwater

## 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.

Below are the targets that we will strive to achieve in Swim Gold lessons in addition to any requests made:

### Swimming

- Can swim all 4 strokes with good technique
- Can display efficient breathing in all strokes
- Can consistently execute the correct turns in all strokes

### Endurance

- Can swim 200m continuously in frontcrawl, backcrawl and breaststroke
- Can swim 50m continuously butterfly
- Can kick underwater in streamline position for 15m on front and back

# 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 to begin.

## **Group Lessons**

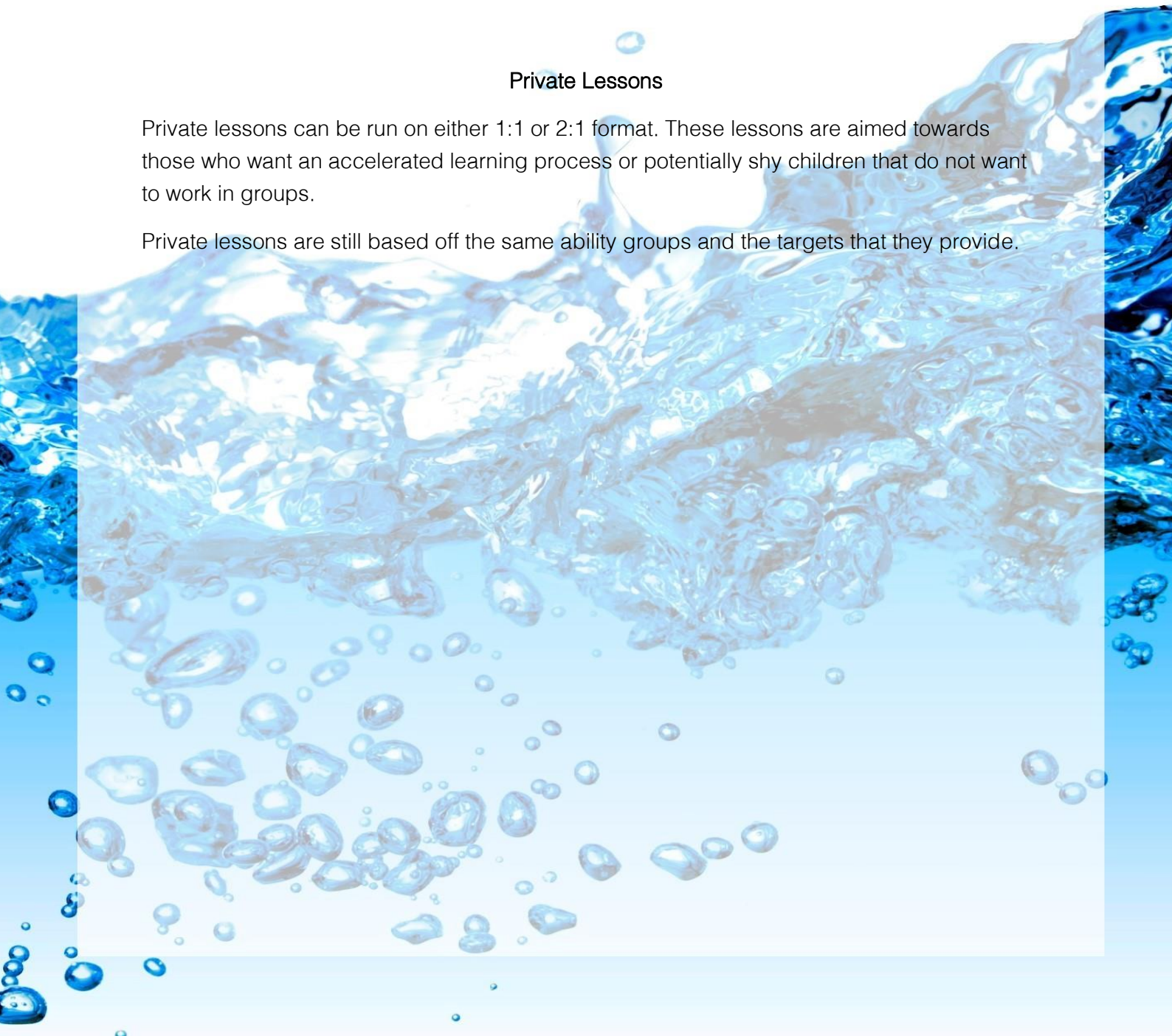
All group lessons from Water Confidence to Learn Gold run at a maximum ratio of 4:1, this ensures that all group lessons are high quality and the teacher can spend a meaningful amount of time with each child.

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 can be run on either 1:1 or 2:1 format. These lessons are aimed towards those who want an accelerated learning process or potentially shy children that do not want to work in groups.

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 - £8, Private - £24.



