

# Adult Learning - Course Information Sheet



## SWA3DA10 - Swimming For Beginners

### Weston Favell Academy

Booth Lane S  
Weston Favell  
Northampton

NN3 3EZ

**Room** Weston Favell Academy

Start Date: 10 January 2024  
End Date: 20 March 2024  
Start Time: 7:30PM  
End Time: 8:30PM  
Day: Wednesday  
Sessions: 10  
Tutor: Mrs Marieta Ciubancan

### Course aim

To learn to swim and gain water skills and confidence.

### Course outcomes

- a) Confidently enter and exit the water safely
- b) Swim on back with or without flotation aids
- c) Swim on front with or without flotation aids
- d) Tread water with or without flotation aids

### How will the course be taught?

Demonstration and explanation using resources such as kickboards and woggles.

### What do I need to bring / have ready?

Swimwear and towel essential. Goggles are optional.  
Pen and reading glasses as you will need to complete a piece of paperwork

### Further support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact [alsreferrals@northnorthants.gov.uk](mailto:alsreferrals@northnorthants.gov.uk) or call 01604 368023 (answerphone available). Visit our website [www.northamptonshire.gov.uk/course-info](http://www.northamptonshire.gov.uk/course-info) for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

### Health and safety / Online safety

When you enrol, please let us know if you require additional personal support to participate in this course. Your tutor will give you information about Health and Safety on the first day. For information on how to keep safe online go to [https://safety.lovetoknow.com/Internet\\_Safety\\_Adult](https://safety.lovetoknow.com/Internet_Safety_Adult) and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06. Please take your completed Activity Questionnaire to your first session (mandatory). Chewing gum and wearing jewellery will not be permitted during sessions. For re-hydration please drink water only.

### Further information

This course is designed for the beginner or those who can only swim one stroke that wish to increase their confidence in the pool.

Further courses/clubs and training are available via Northamptonshire Sport - visit their website for more details <http://www.northamptonshiresport.org/sports>

**Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>**

