

# Adult Learning - Course Information Sheet



## SWA3DA39 - Swimming For Improvers

### Weston Favell Academy

Booth Lane S  
Weston Favell  
Northampton

NN3 3EZ

**Room** Weston Favell Academy

Start Date: 15 January 2025  
End Date: 26 March 2025  
Start Time: 8:30PM  
End Time: 9:30PM  
Day: Wednesday  
Sessions: 10  
Tutor: Mrs Marieta Ciubancan

### Course aim

To improve technique on strokes and water skills.

### Course outcomes

- Swim three strokes, breaststroke, front crawl and back crawl with improved technique
- Perform skills such as floating, treading water and sculling
- Increase the distance and speed of all strokes

### How will the course be taught?

Demonstration and explanation, using resources such as kickboards, pull buoys and woggles.

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

Swimwear and towel essential, goggles are optional.

### Further support or 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 01536 535809 (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

Must be able to swim 20 meters on front and back. Be prepared to swim in lengths (20 metre pool).

Further courses/clubs 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/>**

