

## Reading Swimming Club Teaching Programme



*Our teachers are all well qualified and CRB checked to work with children*

Swimming is a matter of confidence and skill.

Learning to swim enables access to a wide variety of life styles and sports later in life, like social dips in the pool, surfing, wind surfing, and sports like water polo.

It's a great way to get fit and stay fit, and is often an introduction to team sports in many schools.

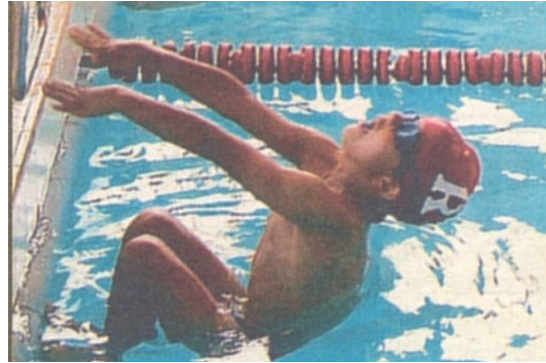
Reading Swimming Club runs a teaching and training programme that encourages swimmers, whatever their level of ability and achievement, to derive benefit and enjoyment from swimming.

We welcome anyone interested in learning to swim or wanting to improve their strokes from the age of 3 years up to adult.

We run lessons on Tuesday, Thursday, Friday evenings, and Saturday mornings, at pools in the Reading area. The timing and location being dependant on ability within the programme.

We also have close links with the Reading Cygnets Swimming Club for people with learning difficulties.

## Reading Swimming Club How to find us

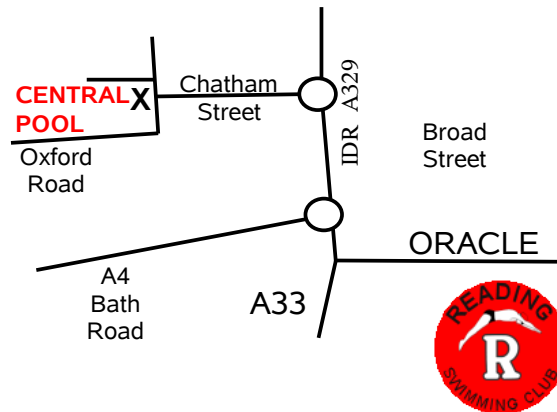


*Getting off to a good start*

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To find out more, do come and visit us during one of our regular club nights, between 6pm and 7pm any Thursday evening during school term time at Central pool, Reading.

E-mail us or browse our website to find full programme details, times and venues.



Contact tel: 0118 959 6701  
e-Mail: [teaching@readingswimclub.org](mailto:teaching@readingswimclub.org)  
web site: [www.readingswimclub.org](http://www.readingswimclub.org)

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# Reading Swimming Club



## Learn to Swim Programme

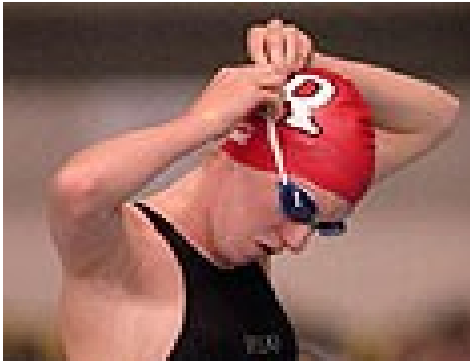
*Have fun, Make friends,  
Be fit and healthy*

*All ages welcome*

**swim21**  
Accredited

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## Reading Swimming Club Background



*Rebecca Cooke, who launched her international swimming career with Reading Swimming Club*

Established in 1885, Reading Swimming Club is one of the oldest swimming clubs in the country.

Reading Swimming Club caters for a wide range of members – from those learning, progressing to coaching squads for improved technique and team swimming.

We are a large and progressive club, with around 300 members, including a thriving Masters squad. We have a strong water polo section and there is also a large teaching programme.

Our club is both affiliated to the UK Amateur Swimming Association and Swim21 accredited, so you can be sure that the club is well organised, and adheres to up-to-date legislation and governance by the UK swimming sport bodies, particularly important where teaching, development and care of children is involved.

Our staff are well qualified and enthusiastic with a genuine interest for the sport of swimming and all teachers and coaches has passed CRB checks to work with children.








Swim21

## Reading Swimming Club Teaching Programme



Our programme of lessons are structured to encourage progression between the levels as the swimmer improves.

Swimmers wear colour-coded swimming hats which are supplied when they start each level, and which denote the ability of the swimmer within our award scheme.

	<p><b>White Hats</b></p> <p>Advanced: preparation for club swimming. Starts, turns, drills and use of pace clock</p>
	<p><b>Blue Hats</b></p> <p>Improver 3: Distance swimming, with good technique, introduction to starts and turns</p>
	<p><b>Green Hats</b></p> <p>Improver 2: Stamina, Continued technique with advanced drills and skills</p>
	<p><b>Yellow Hats</b></p> <p>Improver 1: Consolidation, introduction to deeper water, improving technique</p>
	<p><b>Red Hats</b></p> <p>Introduction to swimming, and water confidence, all based towards stroke technique, for ages 3½ up.</p>

Courses run for 10-14 weeks during school term time and are paid in advance.

Each lesson is 30 minutes long with the exception of those for swimmers at the White Hat level, which are 45 minutes long.

## Reading Swimming Club Progression and Training



*Reading swimmers are motivated and confident*

Swimmers that have completed the levels in the teaching programme are encouraged to continue their interest in swimming by joining the club's training programme or the "swim fit" programme.

Swimming with the club's training programme starts with 2 sessions a week in a coaching squad where the emphasis is on enjoyment and the 'FUN'damentals of swimming.

Progression through the coaching squads provides training which gradually builds confidence, stamina and competence.

Reading Swimming Club is very proud of its young swimmers, some of whom are the best in the UK and represent their home town at major pools and swim meets across the UK.

If you are looking for a sport to build character and self-reliance – this is it. It offers individual challenges and a strong team ethos.