

# Marine Team Swimming Lessons

## Marine Babies: (6 month - 24 month)

### Foundation Stage (Buoyancy aids can be used)

Marine Babies is a fun and innovative programme that focuses on increasing water confidence and introducing the parent and baby to the pool environment.

## Marine Tots: (24 month - 48 month)

### Foundation Stage

Marine Tots is the next step in the Foundation Stage of the ASA Learn to Swim framework and caters for parents with slightly older children who can move more independently in the water.

## Starfish: Stage 1 (4 years old and above)

Starfish are encouraged to begin their swimming without the parents being in the water with them. To develop their movement skills, water confidence and safety awareness.

## Seahorse: Stage 2

Seahorses will develop safe entries into the water and will continue to practice floating, travel and rotation in the water.

## Turtle: Stage 3

Turtles work towards being able to swim 10 metres on front and back. They also develop further their rotation skills, water safety and are encouraged to practice submersion techniques.

## Seal: Stage 4

Seals will focus on refining their kicking techniques in all four strokes and develop an understanding of buoyancy.

## Swordfish: Stage 5

Swordfish will continue to develop their skills in all four strokes in line with the ASA expected standards. They will also develop skills in sculling, treading water and complete rotation.

## Dolphin: Stage 6

Dolphins will focus on developing effective swimming skills including co-ordinated breathing, water safety and preparing for exercise.

## Shark: Stage 7

Sharks will develop quality strokes whilst swimming up to 100 metres.



The Marine Team's 'Learn to Swim' Framework is the national syllabus produced by the Amateur Swimming Association to assist and support the delivery of swimming lessons.

All our teachers are qualified to ASA level 2 standard, having the skills and knowledge to teach them swimming from their first splash in Marine Babies through to full competence in level 7.

## PRICES

### PUBLIC SWIM PRICES (available to all below)

	With Active Discount Card	Without Active Discount Card
Adult Swim	£2.95	£3.60
Adult Concession Swim	£1.55	£2.10
Under 7's Swim	85p	£1.20
8-17 yrs Swim	£1.55	£2.10
Family Swim	£6.20	£7.85
<b>Weekend only Family Swim (promotion)</b>	<b>£5.00</b>	<b>£5.00</b>

### GROUP SESSIONS

	With Active Discount Card	Without Active Discount Card
Aquafit/Aquafit Circuit	£3.80	£4.70
Active for Life Aquafit	£2.50	£2.90
Aquanatal	£2.50	£2.90
Parent and Toddler	£2.95	£3.60
Parent and Toddler concession	£1.55	£2.10
Junior Swimming Lessons 12 week course	£46.80	£55.80
Adult Swimming Lessons 12 week course	£72.60	£80.40
Adult Concession Swimming Lessons 12 week course	£61.20	£69.60

### SAFETY AND SUPERVISION INFORMATION

**Use of Learner Pool:** One adult to two children under 8 years or non-swimmers.

**Use of Main Pool:** One adult to two children 5 - 7 years or non-swimmers. One adult to one child under 5. All non-swimmers MUST be accompanied by a responsible adult.

**Middlesbrough Amateur Swimming Club**  
The Neptune is the home of the swimming club, contact the venue for more information.



**Aimee Willmott,**  
2013 Olympian  
"Learning to swim is FUN, everyone should try it"

**active**  
Middlesbrough



## Pool Information

THE NEPTUNE & RAINBOW LEISURE CENTRE

'making more people more active'

The Neptune  
Tel: 01642 230106

Rainbow Leisure Centre  
Tel: 01642 592800

www.middlesbrough.gov.uk



f /activemiddlesbrough

Middlesbrough  
moving forward

# RAINBOW MAIN POOL



## PUBLIC SWIMMING

Please note all public swim sessions are 55 minutes long

DAY	TIMES			
Mon	6.00 - 9.25	9.30 - 10.55*	2.00 - 3.55*	6.05 - 8.00*
Tues	6.00 - 9.25	10.30 - 11.55*	1.00 - 3.55*	4.00 - 5.55*
Wed	6.00 - 9.25	9.30 - 11.55*	4.00 - 5.55*	7.05 - 8.00
Thur	6.00 - 9.25	3.00 - 3.55*	6.05 - 8.00*	Family swimming promotion price applies
Fri	6.00 - 9.25	10.30 - 11.55*	4.00 - 7.00*	
Sat	8.00 - 11.00*	11.00 - 12.00	12.15 - 1.30	1.45 - 2.45 3.00 - 4.00
Sun	8.00 - 8.55		12.15 - 1.30	1.45 - 2.45 3.00 - 4.00

## ADULT ONLY SWIMMING

Please note all adult only sessions are 55 minutes long

Mon	12.00 - 12.55		9.00 - 10.00	
Tues	12.00 - 12.55		8.05 - 10.00*	
Wed	12.00 - 12.55	3.00 - 4.00	8.00 - 10.00*	
Thur	12.00 - 12.55		9.00 - 10.00	
Fri	12.00 - 12.55		7.00 - 8.00*	
Sat		4.05 - 5.00		Lanes provided in these sessions
Sun		4.05 - 5.00*		

## MARINE TEAM SWIMMING LESSONS

Mon	4.00 - 6.00		
Tues	4.00 - 8.00*		
Wed	4.00 - 6.00*		
Thur	4.00 - 6.00*		
Fri	4.00 - 6.00*	6.00 - 8.00*	
Sat	9.00 - 12.00*		
Sun	9.00 - 12.00	3.00 - 4.00*	4.00 - 5.00*

### ADULT LESSONS

Thur 10.00 - 12.00\*

## AQUAFIT

Mon			8.05 - 9.00*
Tues	9.30 - 10.30*	3.00 - 4.00	8.05 - 9.00*
Thur		3.00 - 3.55	8.05 - 9.00*

## AQUA NATAL

Fri 9.30 - 10.30\*

## WOMEN ONLY SWIMMING

Mon	1.00 - 1.55*	8.05 - 9.00*	No guarantee women only life guards
Thur	1.00 - 1.55*	8.05 - 9.00	Please note all women only sessions are 55 minutes long

## 50+

Mon	11.00 - 11.55*
Wed	1.00 - 2.55*
Fri	1.00 - 1.55*

## TRIATHALON

Wed 9.00 - 10.00

## DISABLED & REHAB

Thur 2.00 - 2.55

# RAINBOW SMALL POOL

## PUBLIC SWIMMING

All sessions are 55 minutes

Mon	1.00 - 3.55	6.05 - 7.55		
Tues	1.00 - 3.55	5.30 - 7.55		
Wed	1.00 - 3.55	6.05 - 7.55		
Thur	1.00 - 3.55	6.05 - 7.55		Family swim promotion
Fri	1.00 - 1.55	4.00 - 7.55		
Sat	11.00 - 12.00	12.15 - 1.30	1.45 - 2.45	3.00 - 4.00 4.00 - 4.55
Sun		12.15 - 1.30	1.45 - 2.45	3.00 - 4.00

## MARINE TEAM SWIMMING LESSONS

Mon	4.00 - 6.00
Tues	4.00 - 6.00
Wed	4.00 - 6.00
Thur	4.00 - 6.00
Sat	8.30 - 11.00
Sun	8.30 - 12.00 4.00 - 5.00

## PARENT & TODDLER

Mon - Fri 9.00 - 12.55

Programme is Term time only. School holiday programme is available on website. Visit: [www.middlesbrough.gov.uk/activemiddlesbrough](http://www.middlesbrough.gov.uk/activemiddlesbrough) Correct at time of print April 2013. Changes can occur at any time.

\*pool shared with other activities

# NEPTUNE MAIN POOL



## PUBLIC SWIMMING

Please note all public swim sessions are 55 minutes long

DAY	TIMES		
Mon	6.15 - 8.55*	3.00 - 4.25*	
Tues	6.15 - 8.55*	3.00 - 4.25*	7.00 - 7.55
Wed	6.15 - 8.55*	3.00 - 4.55*	7.00 - 7.55*
Thur	6.15 - 8.55*		7.00 - 7.55*
Fri	6.15 - 8.55*	4.00 - 7.55*	
Sat	11.00 - 11.55*	12.00 - 4.55*	Family swimming promotion price applies
Sun	8.30 - 11.55*	12.00 - 2.55*	

## ADULT ONLY SWIMMING

Please note all adult only sessions are 55 minutes long

Mon	12.00 - 12.55		8.00 - 9.55	
Tues	12.00 - 12.55		8.00 - 9.55	
Wed	12.00 - 12.55		9.00 - 9.55*	
Thur	12.00 - 12.55	3.00 - 4.25*	8.00 - 9.55*	Lanes provided in these sessions
Fri	12.00 - 12.55	3.00 - 3.55*	8.00 - 9.55*	
Sat	8.00 - 10.55*			

## MARINE TEAM SWIMMING LESSONS

Mon	3.55 - 7.30*
Tues	3.55 - 4.55*
Wed	3.55 - 4.55*
Thur	3.55 - 4.55*
Fri	3.55 - 4.55*
Sat	9.00 - 10.55*
Sun	9.00 - 10.55*

### ADULT LESSONS

Tues 7.00 - 7.55 (Intermediate)

## WOMEN ONLY SWIMMING

Wed 8.00 - 8.55\*

Please note all women only sessions are 55 minutes long

## AQUAFIT

Tues	8.00 - 8.55*
Wed	12.00 - 12.55*
Thur	3.00 - 3.50* 6.00 - 6.55*

## ACTIVE FOR LIFE

Mon	3.00 - 3.50* (aqua fit session)
Fri	3.00 - 3.50* (swim session)

## AQUA CIRCUIT

Wed 8.00 - 8.55\* (women only)

### Did you know...

We now do fitness classes. For more details pick up a leaflet or visit the website.

# NEPTUNE SMALL POOL

## PUBLIC SWIMMING

All sessions are 55 minutes

Mon	8.00 - 8.55*	3.00 - 4.55*	5.00 - 5.55*	
Tues	8.00 - 8.55*	3.00 - 4.55*	5.00 - 5.55	7.00 - 7.55
Wed	8.00 - 8.55*	3.00 - 4.55*	5.00 - 5.55*	6.00 - 7.55
Thur	8.00 - 8.55*	3.00 - 4.55*	5.00 - 5.55*	6.00 - 7.55
Fri	8.00 - 8.55*	3.00 - 4.55*	5.00 - 5.55*	6.00 - 7.55
Sat	8.00 - 8.55*	9.00 - 10.55*	3.00 - 4.55*	Family swim promotion
Sun	8.00 - 8.55*			

## MARINE TEAM SWIMMING LESSONS

Mon	3.55 - 4.55*	6.00 - 6.55
Tues	3.55 - 4.55*	ADULT LESSONS
Wed	3.55 - 4.55*	Mon 7.00 - 7.55
Thur	3.55 - 4.55*	Tues
Fri	3.55 - 4.55*	
Sat	9.00 - 10.55*	
Sun	9.00 - 10.55	6.00 - 6.55

## FUN & FLOATS

Sat	11.00 - 2.55	Family swim promotion
Sun	11.00 - 2.55	

## PARENT & TODDLER

Mon-Fri 12.00 - 12.55

