

THE Star



Harrogate
BOROUGH COUNCIL

Working for you

SCHEME

For more information
contact The Hydro on
01423 556768

Disability Swimming Lessons

Twinkle Stars Class size: 10

This class is designed with the parent/carer and child in the water together (children must be accompanied by a responsible adult over the age of 16). The aim of the session is to work on water confidence and submersion practices, working towards swimming 5 metres and the duckling 1, 2 and 3 badges. Water Stars is for children with a disability under the age of 5 years.

Shining Stars Class size: 8

For children aged 5 years+. The aim of the session is to work towards National Swim Awards 1, 2 and 3 and distances of 5 – 15 metres. Children are taught a variety of skills including breaststroke. The session is run with a teacher and helpers in the water.

Learner Pool

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Main Pool

Rising Stars

Class size: 8

The aims of this group are to work on deep-water confidence and begin to look at stroke technique. This group will work towards National Swim Awards 4 and 5 and distances of 15 – 50 metres. This session is run with the teacher on the side of the pool and helpers in the water if required.

Shooting Stars

Class size: 10

This session is designed for children with Autistic Spectrum Disorder. Its aim is to learn through play, gain water confidence and familiarisation with the environment. This session is run with the teacher and helpers in the water.