



## **Shannon Swimming & Leisure Centre**

### **Swim Academy Lessons Procedure**

#### **Arrival, Changing Rooms, Lockers & Showers**

- Where possible, children should arrive swim-ready (wearing their swimsuit under their clothes).
- Lockers must be used to store swim bags and personal belongings. Do not leave items in the changing cubicles during lessons. Any belongings left behind will be removed by staff and stored in a locker.
- Due to high demand and back-to-back lessons, locker availability may be limited. If no lockers are available, please keep your child's bag with you. Families with multiple children in lessons are asked to share a locker.
- The changing area can be busy, especially around peak times. Please do not leave your belongings in cubicles while waiting for or showering your child, as others may be waiting to use the space.

#### **During the Lesson**

- Children will be welcomed by staff upon arrival.
- 5 minutes before the lesson starts, children will be guided to sit on the bench or poolside near their designated area.
- Once the instructor is ready, they will take attendance and begin the lesson.
- Parents and guardians who wish to observe lessons should use the spectator area (accessed via the back car park) or the upstairs viewing gallery. Please do not wait at the changing room entrance or poolside deck.
- To ease congestion:
  - Parents should not enter the changing area until lessons are finished.
  - This allows space for children entering the next lesson and ensures smoother transitions.
- Please ensure:
  - No personal items are left in cubicles during lessons.

- Your child is ready and waiting at the poolside entrance 5 minutes before their lesson starts.
- You wait until the lesson is over before collecting your child, as the pool entrance can become crowded during changeovers.

### **Group One Lessons & Flotation Devices**

- For children under 1.1 metres in height, parents must provide a suitable flotation aid (e.g., swim discs, armbands, or a float vest).
- The swim teacher will assess each child's confidence and ability in the water. Flotation devices may be removed at the teacher's discretion once a child is deemed confident and capable.

### **Baby Pool Use During Lesson Introduction Phase**

To help younger or less confident swimmers adjust:

- The baby pool may be used for the first 2 to 4 weeks of a new term.
- This transitional phase helps children build comfort and confidence before moving to deeper water.
- The duration and use of the baby pool is determined by the instructor, depending on the needs and progress of the group.

Revision 2

<b>Version</b>	<b>Reason for Change</b>	<b>Changes By</b>	<b>Date</b>
Original Version		Rory Ryan	30/08/2022
Revision 1	Update to shower time	Rory Ryan	16/01/2022
Revision 2	Minimum height requirement for flotation aid	Karl Fogarty	15/07/2025