



# Course Information Sheet

2008/9

<b>Course Title:</b>	<b>Learn to Swim (ladies only)</b>	
Course Description	<p>This course is aimed at those who would like to learn to swim and or gain confidence in the water. The sessions will encourage swimmers to move and travel safely in the water and develop basic swimming skills and techniques</p> <p>The class on week 1 and week 6 will last for 1 ½ hrs. The start time will be noon</p>	
Learning goals	<p>By the end of this course you should be able to:</p> <ul style="list-style-type: none"> <li>▪ Effect safe entries and exits</li> <li>▪ Understand how regain a standing position</li> <li>▪ How to breathe in a water environment</li> <li>▪ Confidence to move/travel independently in the water with or without swimming aids</li> <li>▪ Float in the water independently with the using of swimming aids</li> <li>▪ Understand the skills associated with basic propulsion techniques</li> </ul>	
Is this course suitable for you?	This course is designed for the beginner, no experience necessary.	
Assessment/Feedback	Learners will receive continual feedback and informal assessment from the teacher and will be encouraged to monitor their progress using an Individual Learning Plan.	
What should you bring with you to the first session?	<ul style="list-style-type: none"> <li>• Swimming Costume</li> <li>• Towel</li> <li>• Goggles (if you want to use them)</li> </ul>	
Additional costs	<ul style="list-style-type: none"> <li>• None</li> </ul>	
What next?	Subject Specific Courses:	General:
	<ul style="list-style-type: none"> <li>• By the end of the course it is hoped that you will be inspired to continue with swimming and feel more confident in the swimming pool.</li> </ul>	Please see our brochure , visit our website ( <a href="http://www.lutonacl.ac.uk">www.lutonacl.ac.uk</a> ) or call us for further details (01582 490033).
	<p>Luton Adult Community Learning also provides free impartial workshops on learning and work opportunities, these include:</p> <ul style="list-style-type: none"> <li>○ Job search</li> <li>○ Interview techniques</li> <li>○ CV writing</li> <li>○ Completing application forms</li> <li>○ Skills check</li> </ul> <p>If you require more in depth help and support, please contact us and we will arrange a meeting with either a manager, teacher or learner</p>	
Help Us to Help You	<p>The service is committed to ensuring that all learners whatever their needs have the best possible chance to enrol, progress, complete and achieve their course goals. Funding may be available to support the following:</p> <p>Examination fees; Travel costs; Books &amp; Equipment; Registration Fees; Childcare; Hardship costs; Additional course costs; Learners with a learning difficulty or disability; Learners with skills for life needs.</p> <p><b><u>For further details contact us on 01582 490033.</u></b></p>	