



Child Learn 2 Swim FAQs

1. What is Laser's Learn 2 Swim programme?

Laser Swimming Club has a clear Learn 2 Swim programme which consists of standards aligned to those of the national body for swimming in Ireland, Swim Ireland. The club's programme is designed around 6 progressive levels as outlined below. (Note: two further Swim Ireland levels (7&8) are addressed through the Development Group within the club. These levels give swimmers the techniques & stamina needed to progress into the competitive structure.

- 1 Introduces the young swimmer to water and establishes early floating/breathing exercises.
- 2 Introduces the swimmer to submerging while building on the movement techniques.
- 3 Introduces early stroke technique with beginner, freestyle and backstroke. Other concepts introduced include floatation and pool entry / exiting skills.
- 4 Introduces deep water, treading water and other swimming strokes.
- 5 Builds on fundamentals of swimming and kicking for a set distance as well as tumbling and streamlining.
- 6 Builds on swimmer skills and strokes, practices diving, sculling and undulation.

2. Where do the lessons take place?

The classes are undertaken in Leisureland pool located in Salthill, Galway. This pool is equipped with a moveable floor which allows Laser Swimming Club adjust depths to suit the sessions. As well as the main 25m pool, the club utilises a warm up pool as a means of progressing to deep water swimming.

3. When do the lessons take place?

The terms commence in early September, early January and after Easter school break. Note due to the popularity of our teaching classes, early registration is advised

Wednesdays 3:30 - 4:15pm

Thursdays 3:30 - 4:15pm

Fridays 7:15pm - 8:00pm.

4. How long are the individual sessions?

The swimming classes are 45 minutes in duration which ensures plenty of time for learning strokes and skills in a fun setting. The set of lessons typically lasts for 10 - 12 weeks and coincide with the primary school terms.

5. What age should my young swimmer start?

Laser Swimming Club's "Learn 2 Swim" programme offers swimming lessons to children from the age of 4. The club facilitates entry at any age up to 14 year olds.

The classes are divided into appropriate groups based on ability and follow a defined path from absolute beginners, right through to advanced swimmers who have the strokes well developed and who are in a position to progress to the club's development group or other aquatic activities.

If you feel unsure of your child's swimming capabilities, our experienced teachers will gladly assess and advise you at the first lesson.

6. Why Laser?

Laser Swimming Club has been teaching young swimmers in Galway since 1993. The club has a dedicated qualified set of teachers who will bring out the best in your young swimmer while ensuring that learning takes place in a fun environment.

The club prides itself in high standards and will ensure that high teaching standards are maintained. In this respect the club is one of a small number of clubs in Ireland which has achieved the Swim Ireland quality mark known as Club Mark SI.

7. Where can I get further information?

Laser Swimming Club has a dedicated point of contact in relation to its Learn 2 Swim programme. Please contact the clubs swimming co-ordinator (details on www.laserswimmingclub.com) in relation to the overall programme and how your own swimmers needs can be accommodated within the club. The club secretary will also be glad to help answer your queries. The email address for the club secretary is laserswimsecretary@gmail.com

8. What should my child/baby wear in the pool?

The only essential swimwear is a pair of tight but comfortably fitting togs and a swimming hat.

9. Should young children wear goggles when swimming?

Swimming goggles are now an almost essential piece of equipment used by the majority of swimmers, as they protect from the negative effects of chlorine in the eyes and improve visibility in the water. Please check the goggle fitting with one of Laser's teachers or the Laser swimming co-ordinator.

10. Should my child be wearing armbands?

Laser Swimming Club's use of the shallow end in Leisureland will facilitate water confidence and allow freedom of arm movements etc. The club will strive to limit their usage at an early stage while making use of other floatation devices.

11. How do I know the teacher is qualified?

All Teachers and Coaches delivering the Laser Learn 2 Swim Programme must hold a recognised and relevant teaching qualification as well as hold a certification in child protection.

12. I have a seven year old daughter who would like to get involved in swimming and we would like advice as best way to do this – should she join Laser’s competitive swimming squad or should she get lessons first etc?

It really depends on her level of swimming ability and skills. If she is unable to swim, classes are the best option whilst a club’s swimmer development environment could be more suitable for someone who only has to improve their technique. Come talk to the teachers and / or club coaches for an assessment.

13. My child has learnt to swim where can I take him/her now to improve skills?

The club’s development squad will bring your swimmer up to pre-competitive level and provide a fundamental base to all the aquatic disciplines including competitive swimming. Come talk to the teachers and / or club coaches for an assessment.

14. My children are learning to swim, do I need to stay with them whilst they are in the pool?

Laser Swimming Club would encourage you to stay in the viewing gallery within the Leisureland facility.

15. My child is learning to swim but he/she doesn’t like his/her instructor – what can I do?

Talk to the swim teacher coordinator to explain your situation and your concern.

16. Can you give me tips on improving my child’s swimming ability?

It would be beneficial to make time to reinforce the skills learnt in Laser’s programme by bringing your young swimmer to the pool at other times during the week.

17. Should the Teacher be in the pool or on the bank?

All our teachers operate from pool side. For our younger classes, the clubs teenage competitive swimmers may help out in the pool to develop water confidence.

18. Is the presence of a lifeguard necessary during Swimming Lessons?

Yes. Leisureland provide necessary lifeguard cover throughout each swimming session. All lifeguards are fully trained and certified.

Contact information

Postal Address – Secretary, Laser Swimming Club, Leisureland, Galway

Website Address www.laserswimmingclub.com

Email Address laserswimsecretary@gmail.com

Phone – please refer to website for contact numbers for club secretary or swimming co-ordinator.