



September 2017

Dear Parents/Guardians,

SAPA Swimming lessons will start on Tuesday 19th and Thursday 21st September.

Welcome to SAPA Swimming lessons. My name is Karen Ramage and I am the swimming co-ordinator. Please find below information relating to the SAPA Swimming Lessons

SAPAs 'learn to Swim' programme runs during term time, classes are 30 minutes and take place at Portmarnock Sports and Leisure Centre (PSLC) on Tuesdays and Thursdays 3-4 pm with up to 3 classes running simultaneously.

Our Instructors are fully qualified, have extensive teaching experience, hold lifesaving qualifications, and are Garda vetted.

We follow the 'Swim Ireland' programme, they are the governing body of swimming in Ireland. The programme is a specially designed professional swimming programme that sets national standards for children's swimming. More info at <http://www.swimireland.ie/>

Our teachers follow the Swim Ireland Programme, but will modify the lessons using their experience based on the needs of the children in the class, they will move the children through the levels based on each child's individual progression not based on age.

There are 8 Swim Ireland levels and 4 challenge award levels. Each class runs for 30 minutes with three classes running simultaneously.

In addition to the Swim Ireland programme we have our own SAPA Swim School Bronze, Silver, Gold, and Honours Challenge Awards programme.

We like to encourage as many children as possible to partake in school swimming lessons, it is an essential life skill as well as being a great way to keep fit.

The price of lessons is based on the cost of hiring the pool, paying the instructors, award certificates and running the end of year Gala.

Our swimming fees are €75 per child per term. Additional children are €70 per child per term.

We run 2 terms, Sept - Dec and Jan – May.

Classes will run as follows:

Tuesdays

3 - 3.30 pm Advanced (Level 8, Bronze, Silver, Gold, Honours)

3 - 4.00 pm Intermediate (Levels 5-7)

Thursdays

3 - 3.30 pm Beginners/Improvers (Levels 1-4)

3 - 4.00 pm Beginners/Improvers (Level 1-4)

If your child attended lessons last year they should return to the class they were last in for assessment.

All children who are new to SAPA swimming will be notified as to what day and time to attend.

The lists for this year's groups will be posted on the website, when we have all the applications in.

Please note that all children having passed level 4 will change from Thursdays to Tuesdays for their level 5 training.

If you would like to enrol your child/children, please fill out an application form which can be downloaded from the school website or obtained from the school office.

This year we are starting a strict NO PAY NO SWIM policy. Please ensure all applications and payment is in by 15th Sept 2017

Payment by Cash, Cheque (made payable to SAPA) or Bank Transfer as below.

Please pay online by direct bank transfer to:

St Andrews school Malahide

Parents Association

No 2 Current Account

Branch code: 90-06-07

BIC: BOFIE2D

Account number: 86220847

IBAN: IE95 BOFI 9006 0786 2208 47

If you have any other queries about our school swimming lessons, please do not hesitate to contact me either via the school office, at the swimming pool or on mobile 086 416 9187.

All information regarding the SAPA Swim School including the Terms & Conditions can be found on our website. www.standrewsschoolmalahide.ie.

Kind regards,

Karen Ramage

SAPA Swim School Co-ordinator

SAPA Swim School Initiative is Financial Supported by SAPA

In the Interest of your Child's Development & Safety