



**Dipper the Dolphin is the swimming programme at the Valley and Sixmile leisure centres. The programme offers children over 5 the opportunity to learn to swim or improve their swimming skills. Learning to swim properly allows children to enjoy being in the water and most importantly, stay safe while in the water.**

The Dipper the Dolphin scheme is part of the Kellogg's Frosties ASA Awards Scheme, a National Plan for Teaching Swimming (NPTS). The plan aims to provide consistency in the quality of swimming teaching throughout the UK.

## Our pledge to you

**It is important to us that you are entirely satisfied with the lessons provided. If you have any questions or concerns please contact the swimming co-ordinator or duty manager.**



The scheme aims to:



Encourage swimmers to develop a range of water skills

Emphasise the importance of water confidence at an early age

Assess swimmers as they progress from one level to the next



## Development

Classes are aimed at swimmers of similar ability, which allows for a better teaching environment. There are 10 levels of development for swimmers to complete. Each level is a gentle step from the previous level, allowing steady progress. However, each level covers specific skills that swimmers must be competent in before moving to the next level. There is a formal assessment two weeks before the end of each course.

## Classes

Classes last 30 minutes and usually run in a 10-week block. Classes take place:

Monday – Thursday: **4:00pm - 6:00pm**  
Saturday morning: **8:45am - 11:15am**

If you wish to join Dipper the Dolphin Swimming Scheme, complete the form attached or online on [www.newtownabbey.gov.uk](http://www.newtownabbey.gov.uk)

**The Valley swimming co-ordinator will be able to provide you with available times and prices. Classes are extremely popular so your child's name can be placed on a waiting list from age 4. You will be contacted as soon as a place becomes available.**



## DIPPER THE DOLPHIN FORM

Name of child:

Date of birth:

Name of parent / guardian:

Address:

Postcode:

CONTACT NUMBERS:

Home:

Work:

Mobile:

Swimming ability:

(Please also provide details of any awards / badges held)