

Hydra Learn

activities for adults

We recognise that not everybody learns to swim as a child and confidence can be an issue. Hydra Learn provides the start you need to either learn to swim, improve your technique or build your confidence through our adult learning programme.



Group lessons take place at various times throughout the week and are geared towards having fun and improving fitness, as well as learning to swim. However, if you need some extra support **one-to-one** lessons can also be arranged, at any of the **Active Luton** pools.

The **Hydra Learn** programme follows the **ASA Adult Skills and Stamina Awards**.

Volunteer and Coaching Opportunities

For the confident swimmer we also provide opportunities for moving into volunteer programmes and paid employment. The **Active Luton Coach Education & Volunteer Training Programme** includes teaching and coaching courses, along with vocational qualifications such as **National Pool Lifeguarding**.

Learning to swim has never been easier!

For further information about all **Hydra Learn** programmes please contact the centre of your choice, or alternatively email info@activeluton.co.uk

www.activeluton.co.uk

Hydra Learn Swim times

	LEA MANOR	LEWSEY	PUTTERIDGE	WARDOWN
MONDAY	16.00 – 18.00	16.00 – 18.30	16.00 – 18.00	16.00 – 18.30
		18.00 – 18.30 (A)		16.00 – 16.30 (T)
TUESDAY	16.00 – 18.00	16.00 – 19.30	16.00 – 18.00	09.00 – 09.30 (P/T)
	16.00 – 16.30 (T)		16.00 – 16.30 (T)	16.00 – 20.00 18.30 – 19.00 (WO) 17.30 – 20.00 (A)
WEDNESDAY	16.00 – 18.30	16.00 – 18.30	16.30 – 18.00	16.00 – 18.30
	16.00 – 16.30 (T)		17.00 – 17.30 (T)	
THURSDAY	12.00 – 13.00 (A+)	16.00 – 17.00	16.30 – 18.00	14.45 – 15.15 (P/T)
	16.00 – 18.00		16.30 – 17.00 (T)	15.15 – 15.45 (T) 16.00 – 18.45 18.00 – 18.45 (RL)
FRIDAY	11.00 – 11.45 (P/T)		16.30 – 18.00	12.45 – 13.45 (T)
	11.45 – 12.15 (T)		16.30 – 17.00 (T)	13.45 – 14.45 (P/T)
	13.30 – 15.30 (A)			16.30 – 20.00
	16.00 – 18.00			19.00 – 20.00 (A)
SATURDAY	09.00 – 13.30	10.15 – 12.15	10.00 – 12.00	09.00 – 12.00
	11.00 – 12.00 (T)	10.15 – 10.45 (T)		10.00 – 10.30 (T)
	11.30 – 12.30 (A)	11.15 – 11.45 (P/T)		
SUNDAY				09.00 – 12.00
				10.00 – 10.30 (A)
				11.00 – 11.30 (T)

Lessons are open to 5 - 16 years unless stated otherwise.

T: Tadpoles **P/T:** Parents & Tots **A:** Adults **A+:** Adults 60+ **WP:** Water Polo **WO:** Women Only **RL:** Rookie Lifeguard



Learn to swim and enjoy swimming for life



Hydra Learn from Active Luton

your health, your life, your choice



Learn to Swim

a lesson for life

Hydra Learn is Active Luton's swimming lesson scheme. There's a wide range of easy and fun opportunities, for children and adults of all ages to learn to swim.

Our lessons are progressive, inclusive and take place on a weekly basis, following the Amateur Swimming Association's National Plan for Teaching Swimming (NPTS). The scheme is highly motivational and offers great reward incentives along the way. Learning to Swim will encourage you to be healthy, be active and enjoy swimming for life.

Lessons Across Four Pools

Lessons for children operate across 4 pools, generally after school and at weekends. Daytime lessons are available for pre-school years. Daytime and evening lessons are available for adults.

Our year round programme, delivered in 10 week blocks, offers accessibility and continuity for all swimmers.

Water Confidence and Safety

Our Hydra Learn programme will provide

you with essential skills such as water confidence, water safety, basic strokes and breathing techniques, providing guaranteed enjoyment and safety, in and around water.

Hydra Learn operates at the following sites:

- **Lea Manor Recreation Centre**
01582 599888
- **Lewsey Park Pool**
01582 604244
- **Putteridge Recreation Centre**
01582 731664
- **Wardown Swimming and Leisure Centre**
01582 720621

Contact your preferred swimming centre to discuss your individual needs. Lessons are payable in advance on a 10 week course-by-course basis.

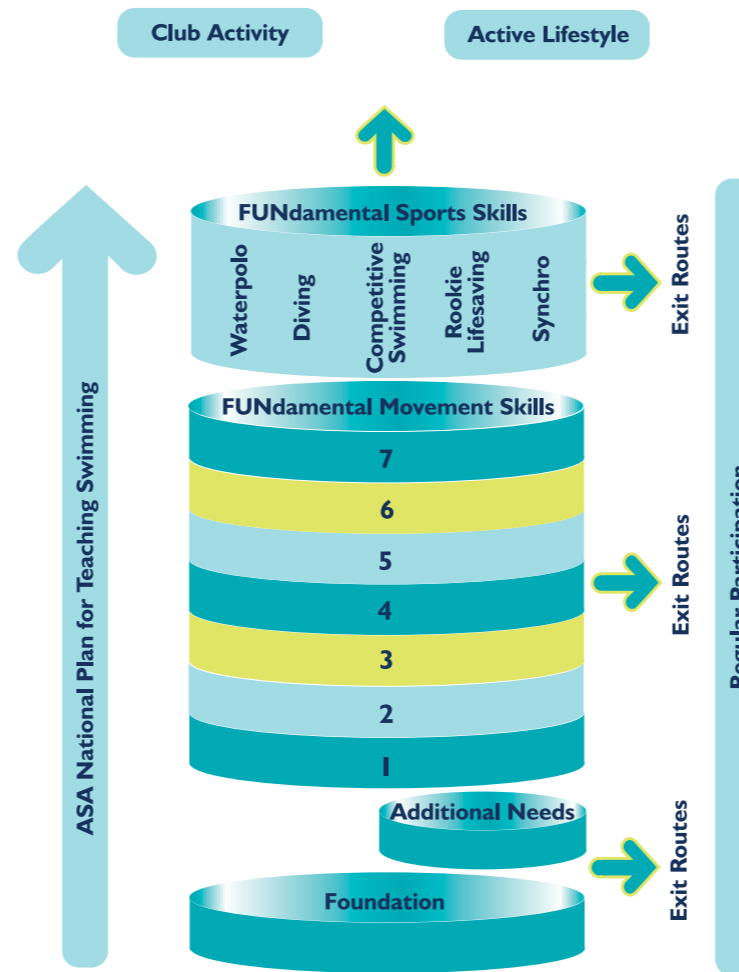
Please see the timetables overleaf for full details.

Active Luton Gold Standards

We understand how important learning to swim is so, the Active Luton team want you to experience and share in our 4 Gold standard customer promises:

- Swimming in a safe environment
- Industry qualified swimming teachers
- An enjoyable learning experience
- Excellent value for money

Hydra Learn follows the ASA National Plan for teaching



ASA National Plan for Teaching Swimming
'An All Inclusive Programme'

Hydra Learn

4 months to 16 years

As swimming is a skill that stays with us for life, Active Luton is keen to provide as many learning opportunities as possible, starting at an early age.

The Hydra Learn programme is available for children as young as 4 months, with adult and children's lessons available throughout the week. Our Tadpole lessons are for children aged 3 years up to school age.

Children develop skills at differing speeds so they are able to move through the stages at their own individual pace.

Classes for the 8+ beginner and teenage confidence building sessions are also available. These are a real boost for young people who come to swimming a little later than some of their peers.

The professional approach of our teachers ensures that children move swiftly through the levels, gaining confidence and developing a lifelong enjoyment of water-based activities.

In addition...

We also recognise that some children need that little bit of extra support and so we are able to offer one-to-one lessons as required. This can take place at any of the Active Luton pools at a time to suit you. For further details simply call the centre of your choice.

