



	Junior AquaEd								Adult AquaEd			
	Adult & Baby (age under 1 year)	Adult & Child (age 12-36 months)	Pre-School (age 3 - 5 years)	ASA National Plan Stages 1 - 7	ASA National Plan Stages 8, 9, 10 Competitive Swimming	Rookie Lifeguard / RLSS Lifesaving Group	Challenge (Advanced Aquatics skills, post Stage 7)	Diving	Water Polo	Synchronised Swimming	ASA Adult Swimming framework (age 16+ years)	National Pool Lifeguard Qualification Course (age 16+ years)
Catmose Sports Centre	☐	☐	✓	✓	✓	✓		✓			✓	☐
Flitwick Leisure Centre	✓	✓	✓	✓	✓	✓	✓		✓		✓	
Hitchin Swimming Centre	☐	☐	✓	✓	✓	☐					☐	
Houghton Regis Leisure Centre		✓	✓	✓	✓	✓					✓	
North Herts Leisure Centre	✓	✓	✓	✓	✓		✓				✓	☐
Royston Leisure Centre	☐	☐	✓	✓	✓	☐					✓	
Saxon Pool and Leisure Centre		✓	✓	✓	✓	✓					✓	☐
Stevenage Swimming Centre	✓	✓	✓	✓	✓	☐		✓		✓	✓	☐

Key: ✓ continuous course paid for by direct debit ☐ termly courses or pay as you go (contact centre for details)

For further information, please visit [www.sll.co.uk](http://www.sll.co.uk) or contact your local centre directly on:

**Central Bedfordshire**

Flitwick Leisure Centre	0300 300 8045	<a href="mailto:aquaed.flitwick@sll.co.uk">aquaed.flitwick@sll.co.uk</a>
Houghton Regis Leisure Centre	01582 866 141	<a href="mailto:enquiries.houghton@sll.co.uk">enquiries.houghton@sll.co.uk</a>
Saxon Pool and Leisure Centre	0300 300 8076	<a href="mailto:aquaed.saxon@sll.co.uk">aquaed.saxon@sll.co.uk</a>

**North Hertfordshire**

Hitchin Swimming Centre	01462 441646	<a href="mailto:enquiries.hitchin@sll.co.uk">enquiries.hitchin@sll.co.uk</a>
North Herts Leisure Centre	01462 679311	<a href="mailto:letchworth@sll.co.uk">letchworth@sll.co.uk</a>
Royston Leisure Centre	01763 255190	<a href="mailto:enquiries.royston@sll.co.uk">enquiries.royston@sll.co.uk</a>

**Rutland**

Catmose Sports Centre	01572 490 030	<a href="mailto:enquiries.saxon@sll.co.uk">enquiries.saxon@sll.co.uk</a>
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**Stevenage**

Stevenage Swimming Centre	01438 218770	<a href="mailto:enquiries.ssc@sll.co.uk">enquiries.ssc@sll.co.uk</a>
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**A skill for life, guaranteed**  
[www.sll.co.uk](http://www.sll.co.uk)



## What is AquaEd?

AquaEd is Stevenage Leisure Ltd's successful swimming lessons scheme, teaching aquatic skills to thousands of children and adults each week using the ASA Learn to Swim Pathway for teaching swimming. As well as giving you a skill for life and improving your safety in and around water, being able to swim can open a whole new world, offering the chance to participate in other water based activities or progress in to competitive swimming.

## Why AquaEd?

### Quality Teachers

All of our swimming teachers are ASA qualified to a high standard and are committed to their continual professional development. They attend courses and workshops in order to ensure that their knowledge is up to date and that they deliver effective and enjoyable classes. Throughout every lesson, the teacher will look to provide a variety of different fun based activities to help the swimmers learn new skills and they will provide

feedback and instruction to help each individual swimmer develop.

### Continuous Programme

The AquaEd programme runs every day (including bank holidays) for 50 weeks of the year, with a 2 week break over the Christmas / New Year holidays. We understand that everyone is an individual, so our continuous programme means that participants will progress through the programme at their own pace. There are no set enrolment or re-enrolment periods and so the teachers complete continuous assessments throughout the year. This allows you to move through the programme as soon as you are ready.

### Swimmers development pathway

We have a full swimming development pathway, which enables children to progress from birth through to a number of aquatic disciplines, such as Competitive Swimming, Lifeguarding or Waterpolo. AquaEd has strong links with local competitive clubs and the Royal Lifesaving Society to assist with swimmer progression.

## How to get started

Contact your local AquaEd centre to leave your details. If there is space available on the scheme, you will be able to enrol straight away. If there is not currently space, you will be contacted as soon as a space does become available

### Payment

AquaEd lessons are paid for by 12 equal monthly direct debit payments, which allows you to spread the cost monthly, rather than paying a lump sum each term. This also removes the inconvenience of queuing at reception when payments are due and takes away the hassle of remembering payment dates.

This Direct Debit payment will entitle you to 1 lesson per week, and unlimited free access to casual swimming sessions throughout the year. You will not be tied in to a contract and you do not have to pay for a minimum length of time, although we do ask for 1 month's notice if you wish to cancel your lessons.

Some centre's operate Adult & Baby, Adult & Child, Pre-school and Rookie Lifeguard classes as term time only courses, which you may be required to pay for upfront on a termly basis, or weekly on a casual basis. Please ask for information on this directly from your local centre.

