



Swim England

International Learn to Swim Provider



PARENT INFORMATION BOOKLET

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Welcome to Artemex Aquatics

Artemex Aquatics is the only Swim England lesson provider in Qatar! We offer a complete range of lessons for swimmers from age 6 months through to adults at Northview International School in Qatar.

Community is at the heart of what we do and we believe everyone should have the opportunity to learn to swim. That's why we provide a fun, safe and stimulating environment for our members that guarantees progression in both confidence and technique.

Inspiring Passions, Nurturing Talents, Building Community

What We Offer

At Artemex Aquatics, we offer a complete range of programmes to support the entire community.

For children: We offer a Swim England approved Learn to Swim Journey for all children 3 years +, offering a scope of levels that aid swimmers of all abilities. All our swimmers are given the opportunity to swim twice a week with highly qualified swimming teachers helping them reach their potential whilst having fun and making friends! Please see The Learn to Swim Journey for further details.

For babies: We offer Parent and Baby classes for babies 6 months – 3 years to build confidence and an early love of water. Our aim is to prepare your child for the Learn to Swim Journey which begins when they turn 3.

For adults: We offer Adult Learn to Swim including twice a week Ladies Only Lessons, taught by female coaches in a safe environment. Our adult lessons are open to beginners who have never set foot in the pool before, through to intermediate swimmers who are looking for some technique tips and to build fitness levels. Our qualified teaching team are ready to support your personalised swimming goal!

Meet The Team



Alexandra Bell
Director of Aquatics



Andy Coomer
Head of Experience



Swim England
International Learn to Swim Provider

What to bring to your first lesson

Parent and Baby:

This class requires both parent or guardian and our baby swimmers to be in the water so please bring swimming kit for both of you. If your child usually gets in water with an aid such as arm bands, please feel free to bring them with you although they are not required. Please ensure your child has a waterproof nappy on if they require one. There is no expectation for our baby swimmers to wear goggles at this age.

Learn to Swim:

All swimmers from Stage 1 up will be provided with an Artemex Aquatics swim hat which they will be expected to wear to each swimming lesson. Along with the swim hat, we expect our swimmers to wear appropriate swimsuits (no bikinis), bring a pair of goggles, pool shoes, a towel and a water bottle to every lesson.



The Learn to Swim Journey - Ducklings

Duckling Stages 1 - 4 are designed to help our youngest swimmers enjoy learning to swim in a games based environment without their parents or guardians in the water. Ducklings 1 will see children start to move by themselves in the water with progression through to Ducklings 4 where children will start to jump in, go underwater, float and travel up to 10 metres without support.

These stages are aimed at our KG students and are designed to increase independence in the water in preparation for the Learn to Swim Journey!



The Learn to Swim Journey - Stages 1-7

The Learn to Swim Stages are divided into 7 groups, designed to support our swimmer's progression as they develop the essential aquatic skills needed to become confident, competent and safe in the water.

Each of the 1-7 stages has a list of clear outcomes that need to be completed in order to gain the award and progress to the next stage, offering motivation for our swimmers to work hard and advance through their swimming journey.

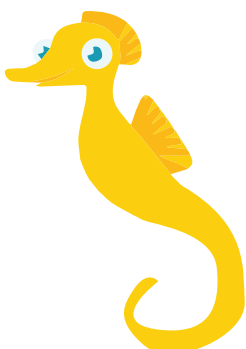
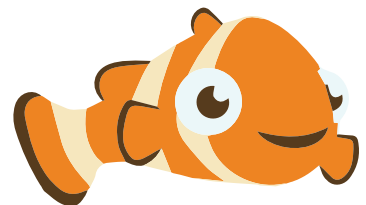


Hermit Crabs - Stage 1

During Learn to Swim Stage 1, children will be encouraged to move around the pool and become confident with water on their face. They will also develop their floating and their movement through water on both front and back.

Clownfish - Stage 2

Stage 2 further develops water confidence and teaches swimmers to breathe confidently while in the water. This stage also develops the swimmer's kicking ability, leading to independent travel in water.

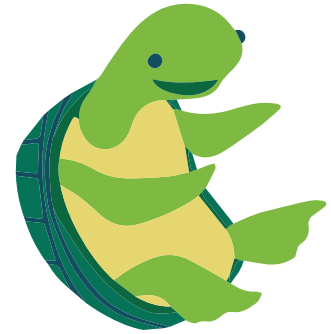


Seahorse - Stage 3

During Stage 3, swimmers will develop their kicking on front and back as well as improving streamline through push and glides. Swimmers will travel up to 10 metres on their front and back and improve their movement in the water with rotation skills being progressed.

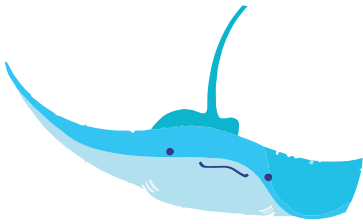
Turtles - Stage 4

Stage 4 sees swimmers perfect their leg kicks for all four strokes and further develop push and glides, while also being introduced to sculling. Swimmers will develop an understanding of buoyancy through a range of skills and should swim 10 metres to the Swim England Expected Standards.



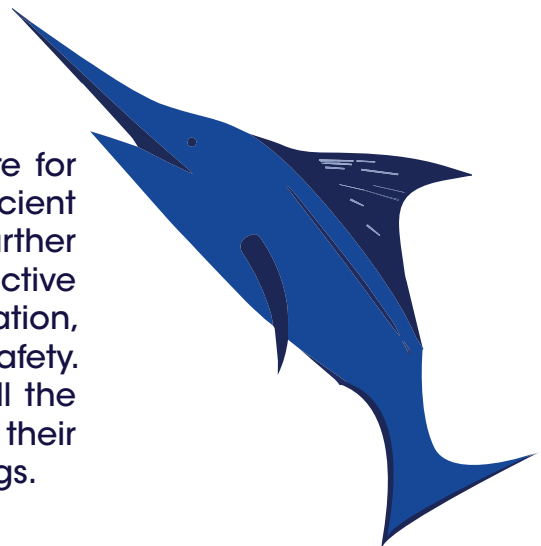
Stingrays - Stage 5

During Stage 5, swimmers will develop their skills in treading water, learn the correct arm pulls for all four strokes and learn how to do handstands and somersaults. This means they will develop their technique and perform all strokes to the Swim England Expected Standards.



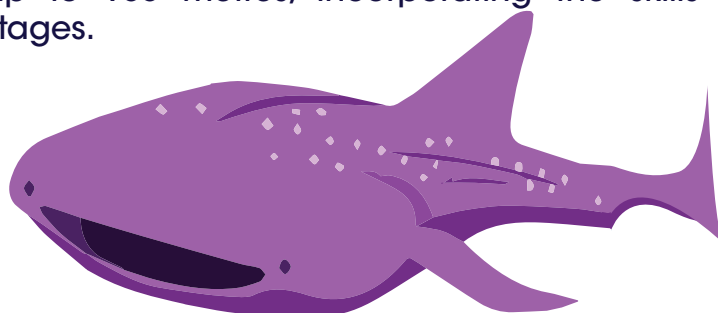
Marlins - Stage 6

Stage 6 teaches swimmers how to prepare for exercise, while developing an efficient technique for all four strokes and further developing surface dives. The effective swimming skills taught include coordination, breathing and an understanding of water safety. Within this stage, swimmers will work on all the strokes, including streamlining, improving their technique with both their arms and their legs.



Whale Shark - Stage 7

Stage 7 focuses on fully developing all four swimming strokes, as well as building stamina and improving diving skills. Swimmers should develop a quality stroke technique for up to 100 metres, incorporating the skills they have learnt throughout the stages.

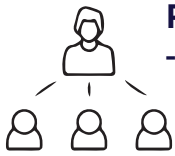


Artemex Aquatics Policies



Photography Policy

- Parents/guardians are not permitted to take any photographs/videos whilst on poolside, even of their own child.
- Parents/guardians are not permitted to take any photographs/videos in any changing rooms or bathrooms, even of their own child.
- Photos/videos may be taken by staff members for marketing purposes, the parents agree to this when they register for sessions.



Parental Supervision Policy

- Parents/guardians of swimmers 7 years old and under must be present poolside for the duration of the child's swimming lesson, including drop off and pick up.
- Parents/guardians of swimmers 8 years old to 11 years old must be present on school site for the duration of the child's swimming lesson, including drop off and pick up however they do not need to remain on poolside during the lesson.
- Parents/guardians of swimmers 12 years and older may drop off and collect their child without entering the facility. There should be 2 emergency contact numbers for any swimmer who will be doing this.



Changing Room Policy

- Parents are allowed into the changing room to help their child with changing/showering/bathroom if their child is 7 years and under. Swimmers 8 years and over are required to use the changing room without parental supervision.
- Children of the opposite gender may enter the changing room with their parent if they are 6 years and under (father for instance could take his 6 year old daughter into the male changing rooms).
- The individual bathroom directly off poolside will be offered for changing for any parent/child who does not want to enter the changing room if there are adults (with their own child) in there.
- Parents may use the bathroom directly off poolside for personal use if unaccompanied by a child.
- Staff will use the bathroom directly off poolside for personal use and are not permitted to enter the main changing rooms when children are present.
- If a staff member needs to enter the changing room for any reason when children are present, a second staff member should stand at the door in a supporting role where possible.

Find Us

Visit Us

Location: ACS, Qatar ([Map](#))

Location: Northview International School, Qatar ([Map](#))

Contact Us

Email: aquatics@artemex.club

Phone: +974 6609 7756

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