



Web: www.dndswim.co.uk – Email: info@dndswim.co.uk



Swimming lesson information (overview):

Thank you for your enquiry into swimming lessons with Duck n Dive. In this overview we aim to provide you with details of our lessons. Nothing is left down to chance with our lessons; we are here to provide both children and adults alike a fun, structured aquatic learning experience. **We offer class sizes of, on average, 3 or 4 * swimmers to ensure that they receive the maximum learning potential.** Some swim lesson venues and specific groups on occasion go to a max of 5 but we never exceed this. This ensures the best instruction for the children. Any more means children sitting on poolside waiting (and getting cold!) and we like to see them swimming. Plus, we just won't compromise on our standards.

What badges will my child work towards?

Duck N Dive are one of the few private swim schools in the UK who have gone through the **full accreditation process to join the ASA (amateur swimming association) as a swim school member.** This means that we follow the ASA national plan which runs from **stages 1 to 7.** Your child will start at **either duckling awards (duckling 1 to 5) or stage one** and progress on from there. **We also offer distance awards** for the milestone distances and stroke awards for distances swam showing good technique (one of our main goals). For the older children, we offer Bronze, Silver and Gold Challenges alongside personal survival and rookie lifeguard to ensure they are kept engaged.. We also run the **STA snorkeling awards level 1 -3 and these runs during the school holidays as two day crash courses.** We also stress the importance of water safety and knowledge to **all** our swimmers. Further information on our awards scheme is available on our website- check it out.

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Who will teach my child to swim and are they experienced?

Andrew Wilde - Swim School Director & Advanced ASA level 2 Instructor/ Coach/ Disability level 2/ Aquatic fitness level 2. 13 years teaching experience. Set up Duck N Dive late 2007 after 5 years of teaching for schools and local authority, much of Andy's time is spent working with and developing other members of the teaching team, as well as teaching adult swimmers, Andy is also an on call Fire Fighter for Shropshire Fire & Rescue Service.

Sally Stride - Swim school manager/ administrator. Although sally does not have a teaching role within DND her commitment and friendliness helps keep the lessons running smoothly. Sally manages swim-soft, the system which ensures lessons run smoothly, she is responsible for almost all parent/ guardian communication as well invoicing parents/ guardians and deals with new enquires through the website as well as managing the waiting list and duckling bookings. An invaluable member of the team.

Angela Henderson - ASA level 2 instructor & parent and Baby/ Toddler level 2/ Disability level 1.

Angela has been teaching swimming for almost 30 years and she is as enthusiastic now as she was on her first solo teaching lesson. Angela has experience of teaching every type of swimmer and her specialist area is encouraging nervous beginners. As well as experience of club level swimmers, she also has a vast knowledge of mother and baby sessions and currently spends a lot of her time with us working on these lessons.

Amy Doveston - ASA level 2 instructor. Amy has a real passion for teaching built up through experience of teaching many types of swimmer. she is a very adaptable teacher and can be found coxing first timers in to the pool one minute and then timing a young competitive swimmer the next. Amy likes to have fun in her lessons and every child that sees her leaves with a smile (and quite often a sticker too!).

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Jessica Alderman- Rowe- ASA level 2 Instructor/ ASA/ STA diploma level 3 parent and child/ Disability level 1. Jessica is a hugely passionate and enthusiastic instructor, both for beginners and improves, she loves getting the best from her swimmers and having fun. We are very lucky to have Jess with us, she is one of the very few in the UK to hold the level 3 diploma in parent and child (baby/ toddler lessons). she is instrumental in the success of the ducklings programme and works closely with Angela ensuring the framework and structure for the lessons get the very best out of the little ducklings and ensure they get a love for the water from the very first visit to the pool.

Zara- Maria Howard leggio- ASA level 2 instructor/ Disability level 1. Zara teaches many of the mainstream lessons within DND and is a very popular teacher amongst the swimmers and their parents. She always has a smile on her face and gets the best out of her swimmers via her encouraging and supportive nature. She loves seeing swimmers develop and having fun in the water.

Caitlin White and Sally Jones are also part of the DND family and although don't currently take regular lessons they often stand in where they can to help cover regular teachers lessons. Both are level 2 teachers and have been through the strict induction process to become a DND instructor.

We aim to provide a consistent teacher for the course as we feel this is a big factor in your Child's development as a swimmer. Any cover (instructor on holiday etc.) will be communicated with each parent prior to the particular lesson.

All instructors are enhanced CRB checked, hold an N.P.L.Q (lifeguard qualification)/pool rescue certificate as well as a current first aid certification. Teachers aim to regularly attended teaching seminars (one of our commitments under the ASA partnership) this ensures that staff are always teaching updated methods.

What age do lessons start from?

Little Duckling / swim-a-song sessions run for babies and toddlers between the ages of 4 to 36 months (please enquire for a Duckling pack). The main stream lessons (which this info pack covers) are available to children **who have been on our Little Ducklings programme from 3 years or children joining mainstream lessons for the first time from 4 years upwards.**

My child is currently swimming elsewhere - can we switch?:

Worryingly, many of our children come from other venue's swimming lessons where Mum / Dad / guardian are not 100% convinced it is the right route for them, for whatever reason.

What we do is set up an assessment date for you to meet us at a time and date which is convenient to you and then proceed to do a 10- 15 min assessment. There is a one-off £10.00 fee for this, but it does include registration and all other set up costs. **No hidden extras here!** This would then give us the opportunity to formally assess your child and ensure that we can get them in the right group to help get them back on track and push them forward. This is also a great opportunity to meet one of us and ask any questions specific to your child. We love meeting new swimmers and their parents!

Is it just for children or do you run lessons for adults?

We run lessons for adults and have helped many adults achieve their swimming goals over the years. From complete novices in the water right through to stroke correction for tri-athletes - we can help. Please Call Andy direct on 01952 301012 as he manages the adult bookings and between him Angi as they generally cover the teaching of adult swimmers.

How are lessons run?

Lessons are run **term time only during weekdays/ weekends.** The lessons run for 30 minutes and your child is continually assessed throughout the course to ensure maximum learning and development is taking place. **We also offer crash course lessons during the school holidays.** We don't operate a waiting list for these so it's often the fastest way onto lessons. Please ask for details of upcoming courses.

Where are lessons run at?

We currently have lessons running at the following locations:

- Reflections spa pool at the Telford Golf and Spa Hotel (Madeley-close to Sutton maddock island) **ADULT ONLY VENUE**
- Revive Leisure Club at the Holiday Inn Telford (central Telford- right near the International Centre)
- The leisure pool at Ramada Hotel Iron bridge (Central Telford- opposite the park inn, formally called Grays)
- Patshull Park Leisure club at Patshull Park Golf & Country Club- Pattingham (10 mins from low town Bridgnorth/ Shifnal/ Albrighton) **SATURDAY ONLY.**
- Park House-Shifnal **PRIVATE LESSONS ONLY.**

What days and times do mainstream lessons run?

Monday: 16:00 - 18:30 at Ramada hotel (Angi)
Monday: 16:00 - 19:00 at Holiday Inn (Zara)
Tuesday: 16:00 - 19:00 at Holiday Inn Telford (Zara)
Wednesday: 15:30 - 19:00 at park House Shifnal (Angela)
Wednesday: 15:30 - 18:30 at Ramada hotel (Jess)
Thursday: 16:00 - 19:00 at Park House Shifnal (Jess)
Thursday: 16:00 - 19:00 at Ramada Hotel (Zara)
Friday: 16:00 - 19:00 at Holiday Inn (Zara)
Friday: 16:00- 19:00 at Ramada Hotel (Jess)
Saturday: 09:00 - 12:30 at Holiday Inn (Jess)
Saturday: 09:00 - 12:00 noon at Ramada Hotel (Andy/ Angi)
Saturday: 11:00 – 14:00 at Patshull Park Hotel (Amy)
Sunday : 09:30-11:30 at Holiday Inn (Zara)

What are your waiting lists times like?

Our lessons are extremely popular! So much so, that we can say that our average waits is at least 2 months for beginners. However, if you can be flexible on which days you wish your child to attend lessons, the better chance of a quick entry onto a course. Also, if your child can swim already even if still on aids (Stage 2 onwards) we can often facilitate a smooth entry onto one of our courses.

This is Dependant on several factors – please call (01952) 301 012 for further help.

I'm really keen! What do I need do now?

Child can swim a little already / child has been swimming elsewhere for some time:

Please call 01952- 301012 or 07186488896 or email info@dndswim.co.uk to book an assessment on our next assessment day.

My child is more or less a complete beginner/ has no stroke technique and can only paddle about with aids:

If you would like your child / children to be added to our waiting list please send your child's full name along with their age and ability in the water - as well as days / times **you cannot do to** info@dndswim.co.uk

If you would like to discuss you or your child's needs further, please don't hesitate to contact Andy direct on (01952) 301 012/ 07816 488 896 or email andy@dndswim.co.uk

Duck N Dive Swim Time- General Lesson information- reviewed December 2017

More info is available on our website as well as real parent's testimonials on our services. We also host a very active facebook page which has a host of information this is available at www.facebook.com/duckndiveswimtime (make sure you click 'like' whilst you are there!).

Thank you for taking the time to read this info pack- we hope to see you at the pool very soon.