



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, 4 swimmers to ensure that they receive the maximum learning potential.** Some advance swim lessons and rookie lifeguard groups are 5 as 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 is 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 stages 8 and 9 competitive swimming alongside rookie lifeguard. We also run the **STA snorkelling 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 😊 www.dndswim.co.uk

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

Andrew Wilde - Swim School Manager & Advanced ASA level 2 Instructor/ disability level 2/ aquatic fitness level 2. 11 years teaching experience. Set up Duck N Dive late 2007 after 5 years of teaching for schools and local authority.

Ryan Mason - ASA level 2 instructor. Ryan was one of the youngest ever to achieve the Level 2 award. He has been teaching and assisting in teaching swimming for 6 years. Swimming competitively at a high level means that Ryan has a real insight to really inspire potential Olympic swimmers!

Ritchie Farrell - ASA level 2 instructor. After a 25 year career as a social worker, Ritchie wanted to train as a fully qualified instructor having always been around swimming as a helper and with his own

children. He has built up a wealth of experience over his last 5 years of teaching and we are proud to have him as part of our team. Ritchie is also very passionate about teaching adults and is a firm believer that you are never too old to learn to swim.

Angela Henderson - ASA level 2 instructor. 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.

Jessica Alderman Rowe - ASA level 2 instructor/ parent and child teacher. Jess has a real passion for teaching and is always looking for ways she can make her lessons even more fun and get the most from her swimmers. She is also a level 2 parent and child teacher and is one of the first in the country to be attending the new level 3 course later in the year. Jess always sends swimmers away with a smile on their face.

Zara Maria Howard Leggio - ASA level 2 instructor. Zara is new to the team from Jan 2017 but brings a wealth of experience from her many years of teaching at one of the largest swim academies in the country in Brighton, Zara has very quickly become a popular member of the team with parents quick to praise her professional and friendly nature. she has a lovely encouraging way of bringing the best out of swimmers and also enjoys teaching adults particularly beginners.

Callum Lamont - ASA level 1 instructor Callum works alongside other members of the team delivering discounted 1 to 1 lessons due to him being a level 1 teacher, what he may lack in years he more than makes up for in passion for teaching, and brings a huge amount of personal experience from his years as a high level competitive swimmer. He currently cycles for Team GB and frequently places highly and often comes 1st place in triathlons. Callum has a warm and friendly nature and is keen to continue and undertake his level 2 whilst at university.

We aim to provide a consistent teacher for the course as we feel this is a big factor in your Childs 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 3 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 personally teaches many of them.

How are lessons run?

Lessons are run term time during weekdays as well as 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 some 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)
- 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)
- Park Inn by Radisson (central Telford- opposite Ramada)

What days and times are lessons run?

Monday: 16:00 - 18:30 at Ramada hotel (Ritchie and Callum) Including some 1:1 lessons

Monday: 16:00 – 18.30 at Telford Golf & Spa Hotel (Zara)

Monday: 16:00 – 18.30 at Holiday Inn (Ryan)

Tuesday: 16:00 – 18.30 at Holiday Inn Telford (Zara)

Tuesday: 16:00 – 18.30 at Telford Golf and Spa Hotel (Ryan)

Wednesday: 15.30 – 18.30 at Telford Golf and spa Hotel (Angela)

Wednesday: 16.00 - 18:30 at Ramada hotel (Jess)

Thursday: 16:00 - 19:00 at Telford Golf & Spa hotel (Zara)

Thursday: 16:00 - 19:00 at Ramada Hotel (Ritchie) Including some 1:1 lessons

Friday: 16:00 - 19:00 at Holiday Inn (Angela)

Saturday: 09:00 - 12:30 at Holiday Inn (Zara)

Saturday: 09:00 - 12:00 noon at Ramada Hotel (Ritchie)

Saturday: 11:00 – 14:00 at Patshull Park Hotel (Liv)

Sunday: 09.30 – 12 noon 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 (following and assessment to confirm the most appropriate group). **This method 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

Duck N Dive Swim Time- General Lesson information- reviewed 01.01.2017

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

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 all soon 😊