



Why have your lessons at Nuffield Health?

The answer is simple; we offer small classes with our fully-qualified and experienced teachers. The following teacher: pupil ratios for our lessons ensure that you/your child get the best possible tuition available from our knowledgeable and enthusiastic team.

All ability lessons – Maximum of 6 swimmers per teacher in a class.

Comparison to the ASA guidelines below and our competitor's ratios means that you/your child does more swimming in their classes.

Guidelines set by ASA for pupil: teacher ratios

Adult & Child (under 5 Years)	12:1
Non Swimmers and Beginners	12:1
Improving Swimmers	20:1
Competent Swimmers	20:1
Mixed Ability Groups	20:1

As you can see all of the ratios that we have here at Nuffield are well within the above guidelines. These ratios have been decided following a Health & Safety risk assessment of the pool, the dimensions, bather loads and the classes we run.

Discovery Duckling Lessons for Toddlers

These lessons are for children aged 2 and upwards to gain water confidence through fun, songs & play. Parents accompany their little ones in the water for a 30 minute session.

These lessons follow the Discovery Duckling badge criteria, which is used to develop skills and confidence ready to move into our Duckling classes where they will swim with a teacher in the water rather than a parent.



Reminder of the Pool Rules

No food or drink to be consumed on poolside.

The uses of any electronic devices with camera functions are prohibited at all times – for the safeguarding of the children using the pool.

Parents spectating the lessons are to use the seating area behind the windows. Parents need to be in this area for the entire lesson in the interest of safeguarding and to promptly pick up their children from the lesson. Parents must also be available in the event their child needs to use the toilet, as our teachers are unable to take them.

If you only have a 50% attendance record we cannot guarantee your child will be tested or receive badges.

All children 3 years and under must wear Aqua nappies when using the pool, even if they are potty trained.

Spring
2018

SWIM SCHOOL



Our Team

All our instructors are ASA/STA qualified and police checked to ensure your child receives the best tuition at all times.

If you are unsure of your child's ability and would like them to be assessed. One of our qualified instructors can give them a short lesson to assess their ability and then advise as to which class would be better suited for them. Restricted to one assessment per child.

On the occasions when instructors are away or ill, we will always endeavour to cover the class with a replacement instructor rather than cancel the lesson resulting in the children missing out.

Private Lessons

These 1 to 1 or 2 to 1 lessons are now available to book for both adults and children from beginners to advanced swimmers in blocks of 10, 5, 2 or 1 for a 30 minute lesson.

They offer a chance to develop water confidence with an emphasis on basic strokes or to improve your strokes to the next level.

If you would like more information or would like to book a lesson please contact Gemma.

The swim school has its own email address, so please use it for any swim related enquires
Gemma.Sleep@nuffieldhealth.com

Adult 1 to 1 Lessons

We offer Adult private sessions for all abilities. If you are a complete **beginner**, you will be shown how to move and be comfortable in the water, and will be introduced to each stroke working on developing the strokes along with your stamina. If you are an **improver** you have the option of the normal 30 minute session or longer 45 or 60 minute sessions. The sessions will help develop your fitness and stamina alongside teaching correct stroke technique on all 4 strokes.

Tuesday from 5.00pm – 8.00pm
Friday from 5.30pm – 8.00pm

Prices for 30 minute session are:
£20.00 for Members
£22.00 for Non-Members

If there is a time you would like a lesson that is not advertised please let us know.

Term Timetable



Start Dates:

Thursday 4th January – Thursday 22nd March

Friday 5th January – Friday 23rd March

Saturday 6th January – Saturday 24th March

No Lessons on Thursday 15th, Friday 16th & Saturday 17th February

Prices for block of 10 lessons:

Children's 30 min classes - Members £85.00 / Non Members £95.00

All swimmers currently on the Nuffield Health swimming programme will have priority over places. Confirmation of these places will be sent out by email. Badges and Certificates are only given out when the swimmer has achieved the required standard and criteria.

New swimmers wishing to join need to complete an enrolment form, these are available from reception. When completed please hand the form back to reception with your full payment. Once all the re-enrolments have been confirmed, we will allocate available places to new swimmers and confirm these via email.

Assessment of all children will take place during the 1st lesson and if the instructor feels the child is not suited to this class they will move to a class more suitable.

Nuffield reserves the right to cancel any lessons if there are insufficient applicants and to change times or Instructor if deemed necessary.

If you have any queries or suggestions regarding Nuffield Health Swimming Lessons, please email Gemma Sleep: Gemma.sleep@nuffieldhealth.com

Discovery Ducklings

Age: 2 Years – 3 ½ Years
 Required Standard: None
 Working Towards: Basic skills and water confidence
 Special Notes: Accompanied by Parent or Guardian in the water

	Saturday	1.00pm - 1.30pm	Gemma
--	----------	-----------------	-------

Ducklings

Age: 3 ½ Years
 Required Standard: Only for children who are ready to be on their own
 Working Towards: ASA Duckling award and ASA 5 Metres
 Special Notes: Instructors in the water

	Thursday	4.00pm - 4.30pm	Gemma
	Friday	4.00pm - 4.30pm	Leanne
	Saturday	12.30pm - 1.00pm	Ashley
	Saturday	1.00pm - 1.30pm	Ashley
	Saturday	3.30pm - 4.00pm	Gemma

Stage 1/2

Age: 4 Years and onwards
 Required Standard: Must be able to swim 5 metres without floats
 Working Towards: ASA Stage 1/2 and 10 Metres
 Special Notes: Must be confident without floats

	Thursday	4.00pm - 4.30pm	Gemma
	Friday	5.00pm - 5.30pm	Gemma
	Saturday	12.00pm - 12.30pm	Ashley
	Saturday	1.30pm - 2.00pm	Leanne

Stage 3/4

Required Standard: 10 Metres on front or back or hold a Stage 2
 Working Towards: ASA Stage 3/4 and 15/20 Metres
 Special Notes: Must be confident without floats

	Thursday	4.30pm - 5.00pm	Gemma
	Friday	4.30pm - 5.00pm	Leanne
	Saturday	2.00pm - 2.30pm	Gemma

Stage 4/5

Required Standard: Hold Stage 3 or 25 metres showing good technique
 Working Towards: ASA Stage 4/5 and 25/50 metres
 Special Notes: May do lengths during the lesson

	Thursday	4.30pm - 5.00pm	Gemma
	Thursday	5.00pm - 5.30pm	Leanne
	Saturday	12.30pm - 1.00pm	Leanne
	Saturday	2.00pm - 2.30pm	Gemma

Stage 5/6

Required Standard: Hold Stage 4 or 50 metres showing good technique
 Working Towards: ASA Stage 5/6 and 100 Metres
 Special Notes: May do lengths during the lesson

	Saturday	12.00pm - 12.30pm	Leanne
--	----------	-------------------	--------



Adult Evening - Private Lessons

Required Standard: None
 Working Towards: Learning or improving strokes

	Tuesday	From 5.00pm	Gemma
	Friday	From 5.30pm	Leanne

Children - Private Lessons

Required Standard: None
 Working Towards: Learning or improving strokes

1 to 1 and 2 to 1 private lessons available upon request.

