



Hats

Please note all swimmers must wear a hat in the learner pool.

Spare hats are available from the gym reception

Why have your lessons at Nuffield Health?

The answer is simple, we offer the following class numbers and instructor to pupil ratios for our classes to ensure that your child gets the best possible tuition available to them from our experienced, knowledgeable and enthusiastic team of Instructors:

Parent & Baby/Mini Toddler/Toddler	Maximum of 10 pupil in a class
Starters (pre-school)	5:1
Beginner 1* up to Challenge classes	8:1 as standard rising to 10:1 after instructor approval

*In our Beginner 1 to Improver 1 level classes we offer one to two assistant in the water

Compare what we offer with the ASA guidelines and our competitors and you'll see that at Nuffield St Albans your child does more swimming in their classes and progresses quicker:

Guidelines set by ASA for teacher to pupil ratios:

Adult & Child (under 5yrs)	12:1	
Non-Swimmers and Beginners	10:1	These ratios are without assistants in the water
Improving Swimmers	10:1	
Competent Swimmers	10:1	

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 pools, the dimensions, bather loads and the classes that we run.

Spring
2015

Swim School



Team Update

Claire Willott has joined the Nuffield Health team as the new Swim Co-ordinator. Claire works on a Tuesday, Wednesday and Thursday and can be contacted on 01727 816108 or by email: stalbans.swim@nuffieldhealth.com

Swim Assessment

Did you know that we offer a 15 minute assessment lesson free of charge?

If you are unsure of the best class for your child, one of our qualified instructors can give them a short lesson to assess their ability and skill level. Restricted to one assessment per child and bookable through Claire, the Swim Co-ordinator.

Staff Cover

On the occasions when instructors are away or ill, we will always endeavour to cover the class with a replacement instructor rather than having to cancel the lesson. All our instructors are ASA/STA qualified and police checked to ensure that your child receives the best tuition at all times.

Improving your child's water confidence and swimming...

Easter Weekend Swim Gala!

A lot of our existing swimmers have shown interest in having a swim Gala. Following your requests, we would like to run one during the Easter weekend (25th-28th March 2016).

We are hoping to have distance, stroke and freestyle races for all ages and abilities in the swim school. If you are available over Easter and interested in coming please contact the swim school.

February half term Crash Courses

This is an ideal opportunity for your child to have an intensive week of lessons to give them the extra boost they need with their swimming. Lessons take place in the morning in the Leisure pool.

Monday 15th -Friday 19th February
(Classes start 15 minutes later on Thursday)

Members 5 day - £37.50
Non-members 5 day - £50.00

Beginner 1 at 10am
Beginner 2 at 10.30am
Improver 1 at 11am

Please give us your details

Please ensure to complete your contact details on the enrolment form so we can contact you should there be any technical issues with the pools.

Adult swim improvement classes

Can you swim but wish to improve your technique
We run courses aimed at improving your strokes .

Monday 6.45-7.30pm, Tuesday 7.30-8.15pm &
Thursday 11.15-12pm

If you are interested please contact the swim school

All parents are to be reminded of the pool rules

- No food or drink to be consumed on poolside
- For child safeguarding, the use of mobile device, cameras, tablets and game consoles with camera functions are prohibited at all times
- Spectators are welcome to use the seated area at the 'steps end' of the learner pool or ledge at the side of the main pool
- Any children under the age of 8yrs not in lessons must be accompanied by an adult in the water
- No children are allowed to play on the pool steps during lesson time
- Please wear blue shoe covers on poolside
- Teachers and swim assistants are not able to accompany children to the toilet
- Children should not eat within 2 hours of their swim lesson

For child safeguarding, parents need to be on poolside for all child swim lessons and to ensure the prompt pick up after classes have finished.

Term starts

Friday 8th January 2016

February Half Term

Monday 15th February - Sunday 21st February 2016

Term ends

Sunday 3rd April 2016

No lessons 25th, 26th and 27th March

Re-enrolment forms will go out from 21st March 2016

Spring 2016 Timetable

Start Date: 8th January 2016
Duration: Classes run for 11 weeks
Half-term: Monday 15th—Sunday 21st February 2016
Easter Holiday: Friday 25th—Sunday 27th March 2016
Final lesson: Sunday 3rd April 2016

Cost: 30 min classes £74.25 Members £96.25 non-members
 45 min classes £85.25 Members £104.50 non-members
 Adult classes £88.00 Members £104.50 non-members

All children currently on the Nuffield Health Swimming programme will be assessed by their instructor and issued with an re-enrolment and assessment form at the end of the Autumn 2015 term

Confirmation of places will be sent out by email in December. Badges and certificates are given out, **only** once a child has attended **50%** or more of the course **and** achieved the required standard or criteria and **not termly**

New swimmers wishing to join the Spring programme need to complete an enrolment form, available from reception or the Swim Co-ordinator. When completed please hand the form to reception with your full payment to secure your place

If you have any queries or suggestions regarding the Nuffield Health swim programme, please speak to Claire Willott on 01727 816108 or email stalbins.swim@nuffieldhealth.com

Nuffield Health reserves the right to cancel any course if there are insufficient applicants, and to change times or instructor if deemed necessary
All children under the age of 4 years old must be accompanied by an adult in the water unless enrolled onto the Starter Class.

Parent & Baby

Age: As specified
 Required Standard: None
 Working Towards: Water confidence and basic skills learning through play in the water
 Special Notes: Accompanied by parent or guardian in the water

PBTu1 (6-12mths)	Tuesday	2.30pm – 3.00pm	Lyn
PBF2 (6-12mths)	Friday	10.30am – 11.00am	Lyn
PBF3 (6-12mths)	Friday	11.30—12.00pm	Lyn

Parent & Mini Toddler

Age: 12 months to 2 ½ years
 Required Standard: None
 Working Towards: Improving basic skills and water confidence
 Special Notes: Accompanied by parent or guardian in the water

PTMM1 (12 – 18mths)	Monday	9.45am – 10.15am	Lyn
PTMM2 (18 – 30mths)	Monday	10.45am – 11.15am	Lyn
PTMW3 (18 – 30mths)	Wednesday	10.45am – 11.15am	Jo
PTMTh4 (18 – 30mths)	Thursday	10.30am – 11.00am	Jo
PTMF5 (12 – 18mths)	Friday	10.00am – 10.30am	Lyn
PTMF6 (18 – 30mths)	Friday	11.00am – 11.30am	Lyn

Parent & Toddler

Age: 2 ½ - 3 ½ years
 Required Standard: None
 Working Towards: ASA Duckling awards
 Special Notes: Accompanied by parent or guardian in the water

PTM1	Monday	10.15am – 10.45am	Lyn
PTW2	Wednesday	11.15am -11.45am	Jo
PTTh3	Thursday	11.00am – 11.30am	Jo
PTTh4	Thursday	2.00pm – 2.30pm	Jo
PTF5	Friday	10.00am—10.30am	Jo
PTF6	Friday	11.00am – 11.30pm	Jo

Starter Class

Age: 3 ½ years
 Only for children who are ready to be on their own. Must be able to swim 5-10m with flotation aids. Maximum of 5 children per class

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 be moved to a class more suitable

Starter 1	Monday	11.15am – 11.45am	Lyn
Starter 2	Monday	1.20pm – 1.50pm	Jo
Starter 3	Monday	1.50pm – 2.20pm	Jo
Starter 4	Tuesday	1.30pm – 2.00pm	Lyn
Starter 5	Tuesday	2.00pm – 2.30pm	Lyn
Starter 6	Wednesday	10.15am – 10.45am	Jo
Starter 7	Wednesday	1.50pm – 2.20pm	Jo
Starter 8	Thursday	11.30am – 12.00pm	Jo
Starter 9	Thursday	1.00pm – 1.30pm	Jo
Starter 10	Thursday	1.30pm – 2.00pm	Jo
Starter 11	Friday	10.30am – 11.00am	Jo
Starter 12	Friday	11.30am—12.00pm	Jo

Beginner 1

Age: 4 years and upwards
 Required Standard: Must be able to swim 10m with flotation aids
 Working Towards: ASA Stage 1 and ASA 5 metre
 Special Notes: Must be confident when armbands are removed

BEGM1a	Monday	4.00pm – 4.30pm	Dani
BEGM1b	Monday	4.00pm – 4.30pm	Darren
BEGTu2	Tuesday	4.00pm – 4.30pm	Lisa S
BEGW3	Wednesday	1.20pm – 1.50pm	Jo
BEGW4	Wednesday	4.00pm – 4.30pm	Kerri
BEGTh6	Thursday	4.00pm – 4.30pm	Emily
BEGF7a	Friday	4.00pm – 4.30pm	Jo
BEGF7b	Friday	4.00pm – 4.30pm	Adam
BEGSU8	Sunday	9.30am - 10.00am	Adam

Beginner 2

Age: 4 years and upwards
 Required Standard: Must be able to swim 5 - 10m without flotation aids, ASA Stage 1 or ASA 5 metre
 Working Towards: ASA Stage 2 & ASA 10 metre

BEG2M10a	Monday	4.30pm – 5.00pm	Dani
BEG2M10b	Monday	4.30pm – 5.00pm	Darren
BEG2Tu11	Tuesday	4.30pm – 5.00pm	Lisa S
BEG2W12	Wednesday	4.30pm – 5.00pm	Kerri
BEG2Th14	Thursday	4.30pm – 5.00pm	Emily
BEG2F15a	Friday	4.30pm – 5.00pm	Jo
BEG2F15b	Friday	4.30pm – 5.00pm	Sarah
BEG2Su16	Sunday	9.00am - 9.30am	Adam
BEG2Su17	Sunday	10.00am - 10.30am	Adam

Improver 1

Required Standard: 10 metre on front and back comfortably or ASA Stage 2
 Working Towards: ASA Stage 3 badges ASA 15 & 20 metre
 Special Notes: Must be confident to swim in training pool

IMPM1a	Monday	5.00pm – 5.30pm	Darren
IMPM1b	Monday	5.00pm – 5.30pm	Lesley
IMPTu2	Tuesday	5.00pm – 5.30pm	Lesley
IMPW3a	Wednesday	5.00pm – 5.30pm	Sue
IMPW3b	Wednesday	5.00pm – 5.30pm	Kerri
IMPTh4a	Thursday	5.00pm – 5.30pm	Sarah
IMPTh4b	Thursday	5.00pm – 5.30pm	Emily
IMPF5a	Friday	5.00pm – 5.30pm	Sarah
IMPF5b	Friday	5.00pm – 5.30pm	Adam
IMPSu6	Sunday	10.30am - 11.00am	Adam

Improver 2

Required Standard: 25 metre certificate showing good technique or ASA Stage 3
 Working Towards: ASA Stage 4, and 25 & 50 metre
 Special Notes: Must be confident to swim a lesson in training pool

IMP2M6a	Monday	5.30pm – 6.00pm	Sarah S
IMP2M6b	Monday	5.30pm – 6.00pm	Lesley
IMP2Tu7	Tuesday	5.30pm – 6.00pm	Lesley
IMP2W8	Wednesday	5.30pm – 6.00pm	Sue
IMP2Th9	Thursday	5.30pm – 6.00pm	Emily
IMP2F10	Friday	4.00pm – 4.30pm	Sarah
IMP2F11	Friday	5.30pm – 6.00pm	Sarah

Intermediate 1

Required Standard: 50 metre using 3 strokes showing good technique or ASA Stage 4
 Working Towards: ASA 100 metre and ASA Stage 5
 Special Notes: Swimming lengths in the training Pool

INTM1	Monday	5.00pm – 5.30pm	Sarah
INTTu2	Tuesday	6.00pm – 6.30pm	Kevin
INTW3	Wednesday	4.30pm – 5.00pm	Sue
INTTh4	Thursday	4.30pm – 5.00pm	Sarah
INTF5	Friday	5.00pm – 5.30pm	Jo

Intermediate 2

Required Standard: 100 metre with three strokes showing good technique or Hold Stage 5
 Working Towards: ASA 200 metre and ASA Stage 6 & 7
 Special Notes: Swimming lengths in Training Pool

INT2Tu6	Tuesday	5.00pm – 5.30pm	Lyn
INT2W7	Wednesday	4.30pm – 5.00pm	Lyn
INT2F8	Friday	5.30pm – 6.00pm	Jo

Advanced

Required Standard: 200 metre or ASA Stage 7
 Working Towards: Bronze Challenge and New Stage 8 (Competitive)

ADMon1	Monday	5.00pm – 5.30pm	Hannah
ADWed2	Wednesday	5.00pm – 5.30pm	Lyn
ADSat3	Saturday	9.30am – 10.15am*	Sue

* 45 minute class

Challenge Swimmer

Required Standard: Children must have progressed through Advanced Classes and Hold Bronze Challenge
 Working Towards: Silver & Gold Challenge and an introduction to competitive swimming.

CS1	Tuesday	5.30pm – 6.00pm	Lyn
CS2	Wednesday	5.30pm—6.00pm	Lyn

Swim Club Session

Required Standard: Children must have progressed through Challenge Classes and ASA Gold Challenge
 Special Notes: This is a session for children to continue to swim, working on set schedules, to maintain and improve their stamina and speed

SClub 1	Wednesday	6.00pm – 6.30pm	Lyn
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Adult Improver

Required Standard: To be able to swim in training pool
 Working Towards: Improvement in stroke technique
 Special Notes: Adult classes bookable as full or 1/2 term

Adult 1	Monday	6.45pm -7.30pm	Darren
Adult 2	Tuesday	7.30pm - 8.15pm	Josie
Adult3	Thursday	11.15am-12.00pm	Jan