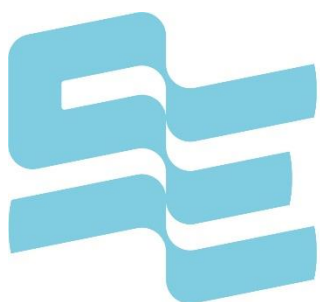




BROMSGROVE SCHOOL  
SWIMMING ACADEMY

**Swimming Lessons  
Information Pack  
Autumn 2018**



**Swim England**  
Swim School Member



Like us on Facebook to receive news, updates and information about lessons:  
Find us at: Bromsgrove School Swimming Academy

## Bromsgrove School Swimming Academy

BSSA strives to deliver the highest possible standards in the teaching of swimming to babies, toddlers and children through the internationally renowned Swim England Learn to Swim (LTS) Pathway, all at a competitive price. The Academy welcomes people of all ages and abilities and you can join us at any time of the year.

### **How do I contact BSSA and enrol in your swimming lessons?**

If your child is a complete beginner, then you can book them straight into our swimming lessons. Other children, to ensure we place them in the correct lesson for their ability, will need to be assessed. Free assessments take place every Sunday starting at 12.30pm, 12.45pm and 1.00pm and can be booked by calling Reception on the number below. You will be told after the assessment which of our classes is suitable for your child and then you can book straight into our lessons at Reception.

For Parent & Child classes we offer a free trial lesson which you can book by calling Reception on the number below.

Please complete the Membership Card Application Form enclosed within this pack for each child you are enrolling with the BSSA and return the form to the Sports Centre Reception once you have decided which day and time you would like your child/children to swim. You must also sign and return the Terms and Conditions Form. Reception will then book your child into the Swimming Academy and take payment. Payment can also be made over the phone using the number below. If you have any questions that are not answered within our FAQs, please feel free to contact the BSSA Coordinator using the contact details below.

**Email**                **bssa@bromsgrove-school.co.uk**  
**Telephone**        **01527 572129**

### **What makes us special?**

***BSSA offers value for money prices and excellent teaching ratios; experienced and highly qualified teachers; affiliation with the Amateur Swimming Association and delivers a wide range of swimming lessons.***

BSSA provides all armbands and swimming aids but you are welcome to bring your own armbands if you prefer. Lessons run through all half terms, only breaking for Easter, August and Christmas.

### **Why your child should learn to swim**

Did you know that by the time your child leaves primary school he or she should be able to swim a minimum distance of 25m unaided? This is the National Curriculum Key Stage 2 attainment level, yet an astonishing number of children leave school unable to swim 25m. It is vital that every child learns to swim and gains core knowledge regarding water safety. Learning to swim is fun, provides health benefits and could save a child's life. Sadly, drowning is the third most common form of accidental death in children, so learning to swim really is an essential life skill. The great thing about swimming is that children of any age, size or ability can take part. Olympic champion Rebecca Adlington says about learning to swim.

“Children absolutely love swimming, with one in three saying it's their favourite family activity.  
But it's not all about having fun; there are other great reasons to get your child swimming.”

- It keeps your child's heart and lungs healthy, improves strength and flexibility, increases stamina and even improves balance and posture.
- Your child will have plenty of opportunities to make friends and grow in confidence.
- Swimming opens the door to other sports and activities, including: swimming with dolphins, scuba diving, rowing and sailing and even becoming the next Olympic or Paralympic champion!
- It's a skill that once learnt is rarely forgotten – there are even swimming events for those aged over 100.
- Swimming provides challenges, from working through the Kellogg's ASA Awards to perhaps one-day swimming the English Channel.
- You can't always be there. It may save their life one day.

# Swimming Lessons at Bromsgrove School Swimming Academy (BSSA)

## Frequently Asked Questions.

The autumn term runs from Monday 3<sup>rd</sup> September through to Sunday 16<sup>th</sup> December.

### What dates and days are the classes not on in the Autumn term?

Please note that there are no classes on

- Saturday 10<sup>th</sup> November (Vlth form open morning), morning lessons only are cancelled.
- Sunday 11<sup>th</sup> November (Remembrance Day services), Morning lessons only are cancelled.
- School Gala dates TBC

**We will email all parents who have provided us with a valid email address to remind them about these cancellations.  
For instant notifications please 'Like' us on Facebook.**

Monday					
11.15am to 11.45am	Parent & Child & Pre School Mixed Class 1 teacher per 6 pairs – Parent & Child 1 teacher per 6 students – Pre School <b>£7.50 per lesson</b>				
3.45pm to 4.15pm	Beginners 2 teachers to 8 students <b>£7.50 per lesson</b>	Confident Beginners 1 teacher to 6 students <b>£7.50 per lesson</b>	Emerging Swimmers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improvers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improver Plus 1 teacher to 6 students <b>£7.50 per lesson</b>
4.15pm to 4.45pm	Beginners 2 teachers to 8 students <b>£7.50 per lesson</b>	Confident Beginners 1 teacher to 6 students <b>£7.50 per lesson</b>	Emerging Swimmers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improvers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improver Plus 1 teacher to 6 students <b>£7.50 per lesson</b>
4.45pm to 5.15pm	Beginners 2 teachers to 8 students <b>£7.50 per lesson</b>	Confident Beginners 1 teacher to 6 students <b>£7.50 per lesson</b>	Emerging Swimmers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improvers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improver Plus 1 teacher to 6 students <b>£7.50 per lesson</b>
5.15pm to 5.45pm	Beginners 2 teachers to 8 students <b>£7.50 per lesson</b>	Confident Beginners 1 teacher to 6 students <b>£7.50 per lesson</b>	Emerging Swimmers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improvers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improver Plus 1 teacher to 6 students <b>£7.50 per lesson</b>
5.45pm to 6.15pm	Beginners 2 teachers to 8 students <b>£7.50 per lesson</b>	Confident Beginners 1 teacher to 6 students <b>£7.50 per lesson</b>	Emerging Swimmers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improvers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improver Plus 1 teacher to 6 students <b>£7.50 per lesson</b>
6.30pm to 7.00pm	Children's 30 Minute Lengths Session – Stroke Improvers, 2 teachers to 32 students <b>£5.50 per lesson</b>				
7.00pm to 8.00pm	Children's 60 Minute Lengths Session – Advanced Stamina, 2 teachers to 32 students <b>£8.00 per lesson</b>				
Wednesday					
11.45am to 12.15am	Pre-School - 2 teachers to 12 pairs <b>£7.50 per lesson</b>				
12.15pm to 12.45pm	Parent & Child - 2 teachers to 12 pairs <b>£7.50 per lesson</b>				
5pm to 5.30pm	Beginners 2 teachers to 8 students <b>£7.50 per lesson</b>	Confident Beginners 1 teacher to 6 students <b>£7.50 per lesson</b>	Emerging Swimmers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improvers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improver Plus 1 teacher to 6 students <b>£7.50 per lesson</b>
5.30pm to 6pm	Beginners 2 teachers to 8 students <b>£7.50 per lesson</b>	Confident Beginners 1 teacher to 6 students <b>£7.50 per lesson</b>	Emerging Swimmers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improvers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improver Plus 1 teacher to 6 students <b>£7.50 per lesson</b>
6pm to 6.30pm	Beginners 1 teacher to 6 students <b>£7.50 per lesson</b>	Confident Beginners 1 teacher to 6 students <b>£7.50 per lesson</b>	Emerging Swimmers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improvers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improver Plus 1 teacher to 6 students <b>£7.50 per lesson</b>
6.30pm to 7pm	Beginners 1 teacher to 6 students <b>£7.50 per lesson</b>	Confident Beginners 1 teacher to 6 students <b>£7.50 per lesson</b>	Emerging Swimmers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improvers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improver Plus 1 teacher to 6 students <b>£7.50 per lesson</b>
7.15pm to 7.45pm	Children's 30 Minute Lengths Session – Stroke Improvers, 1 teacher to 16 students <b>£5.50 per lesson</b>		Children's 60 Minute Lengths Session – Advanced / Stamina 1 teacher to 16 students <b>£8.00 per lesson</b>		
7.45pm to 8.15pm	Children's 30 Minute Lengths Session – Stroke Improvers, 1 teacher to 16 students <b>£5.50 per lesson</b>				
Thursday					
5pm to 5.30pm	Beginners 2 teachers to 8 students <b>£7.50 per lesson</b>	Confident Beginners 1 teacher to 6 students <b>£7.50 per lesson</b>	Emerging Swimmers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improvers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improver Plus 1 teacher to 6 students <b>£7.50 per lesson</b>



9.15am to 9.45am	Beginners 2 teachers to 8 students <b>£7.50 per lesson</b>	Confident Beginners 1 teacher to 6 students <b>£7.50 per lesson</b>	Emerging Swimmers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improvers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improver Plus 1 teacher to 6 students <b>£7.50 per lesson</b>
9.45am to 10.15am	Beginners 2 teachers to 8 students <b>£7.50 per lesson</b>	Confident Beginners 1 teacher to 6 students <b>£7.50 per lesson</b>	Emerging Swimmers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improvers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improver Plus 1 teacher to 6 students <b>£7.50 per lesson</b>
10.15am to 10.45am	Beginners 2 teachers to 8 students <b>£7.50 per lesson</b>	Confident Beginners 1 teacher to 6 students <b>£7.50 per lesson</b>	Emerging Swimmers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improvers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improver Plus 1 teacher to 6 students <b>£7.50 per lesson</b>
10.45am to 11.15am	Beginners 2 teachers to 8 students <b>£7.50 per lesson</b>	Confident Beginners 1 teacher to 6 students <b>£7.50 per lesson</b>	Emerging Swimmers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improvers 1 teacher to 6 students <b>£7.50 per lesson</b>	Improver Plus 1 teacher to 6 students <b>£7.50 per lesson</b>
11.30am to 12noon	Children's 30 Minute Lengths Session – Stroke Improvers 1 teacher to 16 students <b>£5.50 per lesson</b>		Children's 60 Minute Lengths Session – Advanced / Stamina 1 teacher to 16 students <b>£8.00 per lesson</b>		
12noon to 12.30pm	Children's 30 Minute Lengths Session – Stroke Improvers 1 teacher to 16 students <b>£5.50 per lesson</b>				
12.30pm to 12.45pm	Assessments – Max of 10				
12.45pm to 1pm	Assessments – Max of 10				
1pm to 1.15pm	Assessments – Max of 10				

For further information relating to our swimming lessons please refer to our website or download our latest information pack from <http://www.bromsgrove-school.co.uk/> or contact our Swimming Academy Coordinator on [bssa@bromsgrove-school.co.uk](mailto:bssa@bromsgrove-school.co.uk)

### Children's lessons

Please note that we do not enrol children under the age of 4 into our main swimming lessons unless they have come through our pre-school lessons and have been specifically advised that they can move up by one of our own instructors.

Parent & Child – Adult & Child and Ducklings 1 to 3 of the Learn To Swim Pathway	12 to 2 teaching (parents in the water), £7.50
Pre-School – Ducklings 4 and 5 of the LTS Pathway	12 to 2 teaching (parents in the water), £7.50
Beginners 1 – stage 1 of the LTS Pathway	6 to 1 teaching, £7.50 (where stated, 8 to 2)
Confident Beginners – stages 2 and 3 of the LTS Pathway	6 to 1 teaching, £7.50
Emerging swimmers – stage 4 of the LTS Pathway	6 to 1 teaching, £7.50
Improvers – stage 5 of the LTS Pathway	6 to 1 teaching, £7.50
Improver Plus – stage 6 & 7 of the LTS Pathway	6 to 1 teaching, £7.50
Stroke Improvers (30mins) - Children advance from swimming widths to swimming lengths and are working towards stage 8 of the LTS Pathway	Lessons based on 8 children per lane with one teacher overseeing two lanes each, £5.50
Advanced/Stamina (60mins) – Children working on technique, stamina, endurance and all elements of competitive swimming at stages 9 & 10 of the LTS Pathway. Will suit individuals wishing to improve on their fitness and technique including those who wish to eventually compete for a swimming club or in triathlons	Coaching sessions based on 8 children per lane with one teacher overseeing two lanes each, £8.00

### Parent and Child 5 months – 3 years, lesson content:

Parent in water, holding baby; gentle swimming; floating up and down; gentle bouncing; nursery rhymes; seeing how babies are in the water and advising parent. If, after a few weeks, the parent and baby are happy they will try a little submersion. Floats and woggles are introduced from approximately six months and toddlers progress to wearing swim discs from approximately 18 months.

The water temperature of our swimming pool is set for 30 degrees and is suitable for older babies, toddlers and children of all ages but some babies wear neoprene body suits that are widely available on the internet. In our changing rooms we provide baby changing mats and, if you would like to have a drink or something to eat in Cafe 1553 after your lesson there are high chairs available too.

### How old should my baby be before they are able to start swimming?

Most Health Visitors recommend waiting until after your baby has had their first course of immunisations (8 weeks) although Government guidelines suggest swimming in public pools does not pose a risk to younger babies as the chlorine kills off any

potential threat, most obviously from polio. Do remember though, mums should not swim until after their 6 week check. Bromsgrove School Swimming Academy will teach babies from 5 months upwards.

**What does my baby need to wear in the pool?**

All children not toilet trained will be required to wear approved swim nappies under their swimming costumes. These can be purchased from reception.

**Can grandparents come in the pool with mum and baby during the Academy's parent and child class?**

No, the fee of the course/class is for one child and one adult only. Additional adults are more than welcome to watch from the poolside viewing area.

**How do I pay my swimming fees and is my child's place guaranteed?**

Payment can be made at reception for your ten lesson bundles by cash, cheque or card. Your child's place is guaranteed so long as you have renewed your ten lesson bundle prior to the last lesson of their current ten lesson bundle starting.

**Do I need to pay at the time of booking?**

All ten lesson bundles must be paid for at the time of booking.

**Can my fees be added to my Bromsgrove school bill if my child attends Bromsgrove School?**

No, Bromsgrove School Swimming Academy is a separate business function of Bromsgrove School.

**Can I pay by credit or debit card?**

Yes, all payment types are accepted including; cheque, cash, debit card and credit card. We do not accept American Express.

**When do you move children up a group?**

Children are moved up when their teacher feels they have fulfilled the assessment criteria of the LTS Pathway stage they are working towards. This can happen at any time throughout the term. However, our lessons are extremely popular and it may be that your child has to wait a short while until a space becomes available in the group above. Please note that all our spaces are allocated on a 'first come, first served' basis and a space that you will have been told is available can often be booked up very quickly. Our advice is to register for our parents HomePortal where you can view the available spaces and even make the move yourself. Failing that, you can visit or telephone reception to make your child's move.

**Will my child/ren have the same teacher for the duration of their block of lessons?**

Bromsgrove School Swimming Academy recognises the many benefits to children of having the same teacher for their swimming lessons and we shall endeavour to ensure this happens. However, there may be occasions when this is not always possible such as during holiday periods or sickness.

When your child moves up through the Learn to Swim Pathway they may not have the same teacher and it may be that their class is on a different day at a different time.

Please be aware that Mr Camden will be absent from time to time to fulfil extra-ordinary school obligations. In this instance we will always find an alternative teacher to take his lessons.

**What happens if my child doesn't progress or is slow to progress; how can I find out why my child did not progress and can I pay for private lessons to enhance their progress?**

The Bromsgrove School Swimming Academy works in conjunction with the ASA (Amateur Swimming Association) and all the lessons are managed in accordance with their Learn to Swim Pathway. There are very specific criteria to meet before progress can be made and all children progress at different speeds. If you are unhappy with your child/ren's progress, please feel free to contact the BSSA coordinator. If you would like to see what it is they need to work on you can register for our parents HomePortal and track each of your children's progress.

**Are your teachers qualified and experienced?**

All of the Academy's swimming teachers are ASA level 1 or Level 2 qualified (or the STA equivalent).

**Is my child safe?**

The Bromsgrove School Swimming Academy is managed in accordance with the child protection policies and procedures of Bromsgrove School. All swimming teachers receive child protection training during their induction course. Every swimming teacher is employed by Bromsgrove School and has been CRB checked as part of the recruitment process. Swimming staff of the Bromsgrove School Swimming Academy will be clearly identified by a uniform. We are also an ASA affiliated Swim School and a member of the ASA's swim school forum. To achieve this, we have demonstrated that we comply with the ASA Code of Ethics and Child Protection procedures and employ teachers who are members of the Institute of Swimming or have their own adequate professional insurance to cover activities with the School.

**How long after eating can my child attend their lesson?**

This will depend on the size of the meal and how vigorous you intend to swim but basic good advice is not to eat one hour before the lessons.

### **Refunds policy.**

Refunds for cancellations for any reasons except holidays will be considered by the Academy's Management Group on a case by case basis.

As a general rule of thumb:

- Absences for personal holidays will have to be paid for.
- Refunds will usually be issued for illness and injury only and then will only be considered upon evidence of a Doctor's note. Exceptional circumstances to this rule apply when the refund is accompanied by the child leaving BSSA, creating a vacancy for another child on our waiting list who specifically has requested the leaving child's time and class.
- In the event of an unforeseen closure all inconvenienced students will not have a lesson deducted from what remains of their ten lesson bundle.

Closure of the site will be left to the discretion of the Commercial Manager of the school (for weather, etc). In the event of a closure made by the school we will endeavour to contact as many parents as possible, including a message on our webpage, to avoid unnecessary journeys.

If your child misses a lesson, we cannot offer alternative lesson times.

### **What are the pathways to competitive swimming?**

Bromsgrove School Swimming Academy work closely with all swimming clubs around Bromsgrove district including; Redditch SC, Bromsgrove SC, Droitwich Dolphins, Worcester SC, Wyre Forrest SC, Camphill SC and the City of Birmingham National elite squad.

### **If my child has a verruca can they still attend swimming classes?**

Warts on the feet, called verrucas, have long been seen a nuisance but they are no reason to exclude your child from swimming. Immunity will occur in time and the majority of skin specialists are against treating verrucas unless they are very painful. If you would like to use a waterproof plaster then please do so as plastic socks tend to fill up with water and aren't particularly useful.

### **If my child has been sick or had diarrhoea how long should I leave it till they return to swimming?**

If sickness or diarrhoea is a result of an infection, then you should wait at least 48 hours after the last bout before returning to your lesson.

### **Can I take photographs / video of my child?**

For safeguarding reasons neither video or still photography is permitted in the swimming pool.

### **Can I talk to my child's teacher at the end of their lesson?**

Unfortunately, there is no time between lessons for you to talk to your child's teacher. To do so during the lessons would distract them from their duties in terms of swimming teaching to other children and also from a health and safety perspective. If you have any queries about your child's swimming lessons please contact the swimming coordinator on [bssa@bromsgrove-school.co.uk](mailto:bssa@bromsgrove-school.co.uk) who will discuss the matter with your child's teacher and respond as soon as possible.

### **How do we enter the swimming pool?**

The main entrance to the Sports Centre should be used to access the swimming pool. Please do not use the entrance by the tennis courts.

### **Can I park on site?**

Yes, but please note that there may be times when the car park is extremely busy, we ask that you be patient and courteous to other users and please remember that this is a school car park and children and pupils will be in the area.

### **When we paid for my child's swimming lessons they were given a membership card. Does this mean they can swim for free at Bromsgrove School?**

As a welcome gift for signing up to the swimming lessons your child has been given a free membership card to the sports centre at Bromsgrove School. BSSA would encourage you to bring your child to the swimming pool during recreation swimming sessions so that they can practice the skills and techniques they have been taught in their lesson or work on those things that they have yet to achieve. Good News – all children who swim with BSSA can swim for free in any of our recreational swims. All children under the age of 8 must be supervised in accordance with our admissions policy. Non-BSSA children and adults will be charged according to the membership package they hold. Please enquire at the sports centre reception for further details about when the recreation swimming sessions take place, how to apply for a membership card and for details regarding the value for money direct debit and annual membership packages. You will need the number underneath the barcode (on the reverse of the card) to register for our parents HomePortal.

### **Can I wear my shoes, bring my pushchair or wheelchair on poolside?**

The swimming pool water is treated to keep it clean and safe for your children and other users to swim in. Outdoor shoes, pushchairs and wheelchairs bring in a lot of external dirt and germs. To prevent the chance of infection we treat the water

constantly with Ultra Violet and a very small amount of chemicals. As a consequence the wearing of shoes and the bringing of pushchairs into the swimming pool is not permitted without the permission of the Sports Centre Duty Officer. If it is necessary for a pushchair or wheelchair to be taken on poolside the wheels must be thoroughly cleaned prior to entering the pool hall and access is via the hospitality suite doors.

**Where do my children get changed for their swimming lessons and how do I access the poolside?**

All public and members (including students of BSSA) must use the new member changing rooms. Please follow the signs and the directions below.

From reception go up the first flight of steps, turn right and go up the second flight of steps. At the top, turn left along the top part of the link. The female member changing rooms can be accessed through the first door on the right and the male member changing room can be accessed through the third door on the right (once inside take the door on the right). To access the swimming pool, you and your children should go straight through the changing rooms onto poolside. Please turn right out of the changing rooms (towards the deep end) and walk around to the poolside seats (be aware of any swimming aids that may be on the poolside).

Please ensure that you remove any outdoor footwear or wear the blue overshoes to prevent contamination of the swimming pool water.

**Badges/Moving up**

Badges are awarded on an ongoing basis as soon as your child has achieved all of the assessment criteria for the stage they are working towards. If you have provided us with a valid email address you will be contacted as soon as your children have been awarded a badge, when they're ready to move up a group, confirmation of enrolment and/or movement, when payment is due for your next bundle of ten lessons and confirmation of payment.

When moving children up into the next group teachers will also take into account the individual's confidence in deep water, strength (physically and in strokes) and listening skills. Once the teacher is happy that all these elements have been achieved they will then give you a recommendation into which class they need to move to next (depending on availability).