



Bromsgrove School Swimming Academy

Swimming Lessons Information Pack Spring 2022



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 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 my son / daughter into swimming lessons?

If your child is a complete beginner, then you can book them straight into our swimming lessons. All other children will need assessing on their swimming ability in one of the free assessment sessions on a Sunday at either 12.45pm, 1pm or 1.15pm. For all bookings, please contact reception on the number below where the current available places will be offered. Please note bookings will not be taken without full payment.

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 Spring term runs from Monday 10th January through to Friday 8th April.

We will email all parents who have provided us with a valid email address to remind them about all cancellations. For instant notifications please 'Like' us on Facebook – Bromsgrove School Swimming Academy.

Monday					
3.45pm to 4.15pm	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
4.15pm to 4.45pm	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
4.45pm to 5.15pm	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
5.15pm to 5.45pm	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
5.45pm to 6.15pm	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
6.30pm to 7.00pm	Children's 30 Minute Lengths Session – Stroke Improvers				
7.00pm to 8.00pm	Children's 60 Minute Lengths Session – Advanced Stamina				
Tuesday					
5.30pm to 6pm	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
6pm to 6.30pm	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
6.30pm to 7pm	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
7.15pm to 7.45pm	Children's 30 Minute Lengths Session – Stroke Improvers			Children's 60 Minute Lengths Session – Advanced / Stamina	
7.45pm to 8.15pm	Children's 30 Minute Lengths Session – Stroke Improvers			7.15pm to 8.15pm	
Wednesday					
5.30pm to 6pm	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
6pm to 6.30pm	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
6.30pm to 7pm	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
7.15pm to 7.45pm	Children's 30 Minute Lengths Session – Stroke Improvers			Children's 60 Minute Lengths Session – Advanced / Stamina	
7.45pm to 8.15pm	Children's 30 Minute Lengths Session – Stroke Improvers			7.15pm to 8.15pm	
Thursday					
5.30pm to 6pm	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
6pm to 6.30pm	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
6.30pm to 7pm	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
7pm to 7.30pm	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
Friday					
5.30pm to 6pm	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
6pm to 6.30pm	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
6.30pm to 7pm	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
Saturday am					
7.45am to 8.15am	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
8.15am to 8.45am	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
8.45am to 9.15am	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
9.15am to 9.45am	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
10am to 10.30am	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
10.30am to 11am	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
11am to 11.30am	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
Saturday pm					
2.45pm to 3.15pm	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
3.15pm to 3.45pm	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
3.45pm to 4.15pm	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
4.15pm to 4.45pm	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
4.45pm to 5.15pm	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
5.30pm to 6pm	Children's 30 Minute Lengths Session – Stroke Improvers			Children's 60 Minute Lengths Session – Advanced / Stamina	
6pm to 6.30pm	Children's 30 Minute Lengths Session – Stroke Improvers			5.30pm to 6.30pm	
Sunday					
7.45am to 8.15am	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
8.15am to 8.45am	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
8.45am to 9.15am	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
9.15am to 9.45am	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
10am to 10.30am	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
10.30am to 11am	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
11am to 11.30am	Beginners	Confident Beginners	Emerging Swimmers	Improvers	Improver Plus
11.45am to 12.15pm	Children's 30 Minute Lengths Session – Stroke Improvers			Children's 60 Minute Lengths Session – Advanced / Stamina	
12.15pm to 12.45pm	Children's 30 Minute Lengths Session – Stroke Improvers			11.45am to 12.45pm	
12.45pm, 1.00pm and 1.15pm	Free Assessments – Max of 12 per session				

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

Children's lessons

Please note that we do not enrol children under the age of four into our main swimming lessons.

Beginners 1 – stage 1 of the LTS Pathway	8 to 2 teaching, £8.00
Confident Beginners – stages 2 and 3 of the LTS Pathway	6 to 1 teaching, £8.00
Emerging swimmers – stage 4 of the LTS Pathway	6 to 1 teaching, £8.00
Improvers – stage 5 of the LTS Pathway	6 to 1 teaching, £8.00
Improver Plus – stage 6 & 7 of the LTS Pathway	6 to 1 teaching, £8.00
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, £6.00
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, £8.50

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

Payment for lessons can be made in person at reception or over the telephone by contacting reception on 01527 572129. 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, apple pay 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 Swim England 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). They also hold (as a minimum) the Teachers Rescue Award for lifesaving.

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 and ongoing annual safeguarding training and assessment.. Every swimming teacher is employed by Bromsgrove School and has been DBS 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 a Swim England affiliated Swim School and a member of Swim England's swim school forum. To achieve this, we have demonstrated that we comply with the Swim England 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 who will discuss the matter with your child's teacher and respond as soon as possible.

How do we enter the swimming pool?

Please enter the swimming pool via the sports centre main reception and then through the swimming pool changing rooms.

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.

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?

The swimming pool changing rooms are fully open and access is gained to the pool by walking through into them and out the other side.

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).