

CATERHAM SWIMMING ACADEMY

Information Booklet 2017-18



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Harestone Valley Road, Caterham, Surrey CR3 6YA



**CATERHAM
SCHOOL**



Follow us on Twitter @CaterhamSwim

The Caterham Swimming Academy was established in September 2016 with the ambition of creating a regional centre of excellence for swimming.

At the Caterham Swimming Academy, we provide a range of swimming lessons and holiday camps from complete beginners to elite level swimmers. During school term time we run our successive swim schools on Sundays, Mondays and Thursdays and follow the Swim England Ducklings programme right up to ASA stage 10 of the Learn to Swim Programme.

During the school holidays we provide a range of different courses including 1:1, Crash Courses and Swim Camps.

We provide an all-inclusive pathway which takes the complete beginner swimmer from blowing their first set of bubbles in the pool to developing them into competent lengths, club and county swimmers.

All aspects of the Swimming Academy are led by Ross Smith. In addition to his Sports Coaching Science Degree, Ross is a Level 2 ASA Swimming Coach & Teacher and has been an active competitive swimmer for eighteen years, competing at Club, County and National level.



**The Caterham School Swimming
Academy Team**

Swim Schools

Sunday Swim Schools

Our Sunday Swim School classes are aimed at learning and developing the basic movement skills of our swimmers with the main focus of having FUN whilst being safe. We work with small class sizes typically 1:2, with our largest class size of 1:6. Having small classes means we can give each child the individual attention they need and can work to their specific ability levels. At the end of each term all children will be awarded either a progress badge or a new swim stage badge.

Our classes run for 30 minutes between the hours of 9.00am-12noon. At any one time slot we run three ability classes:

Ducklings- This stage encourages swimmers to move more independently learning the very basics of arm and leg movements, whilst under close supervision from one of our teachers.

Transition- Class sizes now increase to a 1:4 ratio. In this stage swimmers will learn to swim independently using floatation aids and progress towards unaided swimming.

Improvers- In this stage swimmers are now confident and have mastered the basic stroke patterns of front crawl, backstroke and breaststroke, and can swim 10-15m back and forth comfortably.

Term Dates

Autumn 2017

10th Sep
17th Sep
24th Sep
1st Oct
8th Oct
5th Nov
12th Nov
19th Nov
26th Nov
3rd Dec
10th Dec

Spring 2018

14th Jan
21st Jan
28th Jan
4th Feb
11th Feb
25th Feb
4th March
11th March
18th March
25th March

Summer 2018

29th April
6th May
13th May
20th May
3rd June
10th June
17th June
24th June
1st July

Weekday Swim School

Our weekday swim schools continue the development of our swimmers from our Sunday classes.

Children in our weekday Swim School are all apart of the Swim England Learn to Swim framework. Classes are held on Mondays and Thursdays 4-6pm. The Monday and Thursday Swim Schools are for swimmers that can swim for a minimum of five to ten metres unaided, both on their front and back.

4.00-4.30pm: stages 2-3 Learn to Swim

4.30-5pm: Stages 4-5 Learn to Swim

5-5.30pm: Stages 5-7 Learn to Swim

5.30pm-6pm: Stages 8-10 Learn to Swim

Swimmers attending the 5.00pm or 5.30pm classes, have the option of having fifty minute lessons starting from 5.00pm, where the focus becomes more specific on stroke technique, speed, and stamina building.



Monday Dates	Thursday Dates
11 th Sep	14 th Sep
18 th Sep	21 st Sep
25 th Sep	28 th Sep
2 nd Oct	5 th Oct
9 th Oc	12 th Oct
Half Term	
6 th Nov	9 th Nov
13 th Nov	16 th Nov
20 th Nov	23 rd Nov
27 th Nov	30 th Nov
4 th Dec	7 th Dec
11 th Dec	14 th Dec

Monday Dates	Thursday Dates
15 th Jan	18 th Jan
22 nd Jan	25 th Jan
29 th Jan	1 st Feb
5 th Feb	8 th Feb
12 th Feb	15 th Feb
Half Term	
26 th Feb	1 st March
5 th March	8 th March
12 th March	15 th March
19 th March	22 nd March
26 th March	29 th March

Monday Dates	Thursday Dates
30 th April	3 rd May
7 th May	10 th May
14 th May	17 th May
21 st May	24 th May
Half Term	
4 th June	7 th June
11 th June	14 th June
18 th June	21 st June
25 th June	28 th June
2 th July	5 th July

Swim School Application Form

Not sure what class suits your child best? Answer our quiz:

Can you swim without arm-bands on? Y/N

Are you confident in the water? Y/N

Are you able to swim 5-10m unaided ? Y/N

Are you happy in deep water? Y/N

Can you swim 25m front crawl (with sideways breathing), backstroke? Y/N

If you cannot swim without arm bands and are not ready to swim independently, Sunday Swim School between 9am-12pm is the place for you.

If you are able to swim unaided then our weekday 4pm and 4.30pm classes will suit you well.

If you can swim 25m front crawl comfortably whilst breathing correctly our 5pm class will welcome you with open arms.

Still not sure? Contact ross.smith@caterhamschool.co.uk OR 01883 343028 ex441

Sunday Swim School

DOB

Childs name:

.....

.....

Class (Circle): Ducklings Transition Improver

Medical Info:

Parent/ Guardian Name:

.....

Contact email & telephone number

Email

Number

Preferred Time of lesson (30min lessons between 9am-12pm):

Term Price:

£85

Sibling discounts: £80per additional child

Signed:

Date:

Weekday Swim School

DOB

Childs name:

.....

.....

Medical Info:

Parent/ Guardian Name:

.....

Contact email & telephone number

Email

Number

Preferred Day: Monday/Thursday

Preferred Time of lesson: 4pm-6pm

If your child is apart of the 5pm class would you like a 30min or 50min lesson?

Term Price:

£70(30min lessons) £90(50min lessons)

Sibling discounts for 50min class: £85per additional child

Signed:

Date:

All payments are to be made via our online system Wisepay. Once your child(ren) have be signed up and have been designated a place we will open up an account for you. Cancellations of less than seven days before the start of term commencing the course start date (10th Sep) are non-refundable. Please complete and return form with payment to the Caterham School Sports Centre.

Holiday Courses

During the school holidays the Caterham Swimming Academy offers a range of different courses from our Intensive Crash Courses, 1:1 lessons, and Swim Camp.

Intensive Crash Courses:

During these courses we offer group lessons from beginners to competent lengths swimmers. These lessons are 45minutes long, where we cram in a terms worth of swimming lessons into 1 week!!!

1:1 courses:

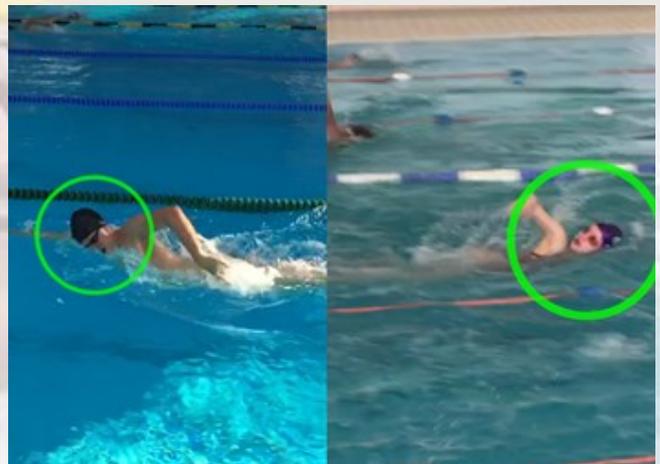
These courses are available to any age group and ability who want each session to be catered around their own personal development. Each class runs for 45minutes.

Swim Camp:

5 day swimming camp to improve fitness, technique and knowledge for competitive swimmers. All applicants must be able to swim a minimum of 400m comfortably.

All aspects of training are included and groups are arranged according to age, experience and ability.

All swimming sessions will be carried out by Ross Smith (Swimming Academy Manager). Incorporated into our camp, qualified instructors will be leading land based training sessions.



Content

3 hours of Swimming each day

1 training session, 1 swimming workshop

Stroke development workshops in and out of the pool on all four strokes.

Video analysis under and over water

Comprehensive land training

Class room work– including; nutrition, goal and target setting.

October 23-27	December 18-22	February 12-16	April 9-13	May 12-16	July 23-27	August 30th July-3rd August
Crash Course	Swim Camp	Crash Course	Swim Camp	1:1 Crash Course	Crash Course	Swim Camp
Group 45 minute lessons	9am-4pm	45min lessons	9am-4pm	45 min lessons	45 min lesson	9am-4pm

Swim School Application Form

How do I book and pay for a course?

You can download a booking form from our website or alternatively you can phone or email our office. Once we receive your filled in booking form we will then either book you in for the next available course or put you on a waiting list. Payments are made through our online payment service 'WisePay'. Once enrolled, we will send you with your username and password.

Can I and my family watch my child swim?

Yes, you can watch your child swim from our balcony. Outdoor shoes are not allowed onto poolside areas.

What is your policy on photographing my child?

In accordance with our child protection policy photographing or videoing is not allowed. Mobile phones are not allowed to be used and should always be switched off.

What happens if I cancel my course?

Once a place has been booked on a course, there will be no refund given if cancelled less than 7 days prior to the start date. Courses cancelled with more than 7 days notice will be entitled to a refund.

I'm going on holiday; can I pay only for the lessons we will be attending?

Unfortunately you will have to pay for the whole course to guarantee your place.

What is the changing room policy?

In the interest of privacy and child protection, children who require adult supervision whilst changing for swim school lessons, should do so in the gender of the supervising parent/guardian. Children who do not require direct supervision, should only change in the changing room specific to their own personal gender. For further advice, please speak to a member of staff.

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