



SPLASH

LEARN TO SWIM

New term starts Monday 7th January 2019

Priority booking opens 03/12/18 // General booking opens 10/12/18

Our Learn to Swim Programme gives children and adults the ability to learn through the stages and gain certificates along the way.

- The January term will be 13 weeks at Sportspark and City Academy.
- Full timetable is overleaf & course descriptions are on the back page.
- Course prices can be found in the timetable.
- 1-1 or 1-2 swimming lessons.

LEARN TO SWIM TIMETABLE

ADULT SWIMMING COURSES

All Learn To Swim Instructors are ASA L1 and L2 Teacher and RLSS NRSTC/NPLQ qualified and DBS enhanced checked, and have been carefully selected for their enthusiasm, experience and passion.

Day	Stage	Time	Pool	Member Price	Non Member Price
Monday	Be a Swimmer	17.30-18.15	Sportspark	£104.00	£110.50
	Be a Better Swimmer	18.15 - 19.00	Sportspark	£104.00	£110.50
Wednesday	Be a Master Swimmer	20.00-21.00	Sportspark	£130.00	£136.50
Thursday	Be Water Confident	17.45-18.15	City Academy	£78.00	£84.50
	Be Water Confident	18.30-19.15	City Academy	£104.00	£110.50
	Be a Swimmer	18.30-19.15	Sportspark	£104.00	£110.50
	Be a Swimmer	19.15-20.00	City Academy	£104.00	£110.50
	Be a Better Swimmer	19.15-20.00	City Academy	£104.00	£110.50
	Be a Master Swimmer	20.00-21.00	Sportspark	£130.00	£136.50
Friday	Be a Swimmer	18.30-19.00	Sportspark	£78.00	£84.50
	Be a Better Swimmer	20.00-20.45	Sportspark	£104.00	£110.50



LEARN TO SWIM TIMETABLE

JUNIOR SWIMMING COURSES

Day	Stage	Time	Pool	Member Price	Non Member Price
Monday	Stage 1	18.30-19.00	City Academy	£78.00	£84.50
	Stage 2	18.30-19.00	City Academy	£78.00	£84.50
	Stage 3	19.00-19.30	City Academy	£78.00	£84.50
	Stage 4	19.00-19.30	City Academy	£78.00	£84.50
	Stage 5	16.00-16.30	Sportspark	£78.00	£84.50
	Stage 6	16.30-17.00	Sportspark	£78.00	£84.50
	Stage 7	17.00-17.30	Sportspark	£78.00	£84.50
Wednesday	Stage 1	16.30-17.00	City Academy	£78.00	£84.50
	Stage 2	16.30-17.00	City Academy	£78.00	£84.50
	Stage 3	17.00-17.30	City Academy	£78.00	£84.50
	Stage 4	17.00-17.30	City Academy	£78.00	£84.50
Thursday	Stage 1	16.00-16.30	City Academy	£78.00	£84.50
	Stage 2	16.00-16.30	City Academy	£78.00	£84.50
	Stage 1	16.30-17.00	City Academy	£78.00	£84.50
	Stage 2	16.30-17.00	City Academy	£78.00	£84.50
	Stage 3	17.00-17.30	City Academy	£78.00	£84.50
	Stage 4	17.00-17.30	City Academy	£78.00	£84.50
Friday	Stage 4	16.00-16.30	Sportspark	£78.00	£84.50
	Stage 5	16.30-17.00	Sportspark	£78.00	£84.50
	Stage 6	17.00-17.30	Sportspark	£78.00	£84.50
	Stage 7	17.00-17.30	Sportspark	£78.00	£84.50
	Stage 8/9/10	17.30-18.30	Sportspark	£130.00	£136.50
Saturday	Stage 1	11.30-12.00	City Academy	£78.00	£84.50
	Stage 2	11.30-12.00	City Academy	£78.00	£84.50
	Stage 3	12.00-12.30	City Academy	£78.00	£84.50
	Stage 4	12.00-12.30	City Academy	£78.00	£84.50

SWIM TEACHER PROFILES



GINA VOUTT

I am a Level 2 ASA trained swimming teacher. I have a range of experience including teaching babies, children, adults, and even coaching within a local competitive club. I'm a naturally patient and calm person and acknowledge that everyone learns at different paces and through different ways.

Speciality Areas

- Pre-school children
- Nervous Beginner Adults
- Stroke x adults and children

Availability

For lessons please contact me on g.voutt@uea.ac.uk



JO SMALL

I am a Level 2 ASA trained swimming teacher. I believe confidence building in the water from a young age is important for development in swimming and, from my experience, play is a key factor in enabling children to enjoy themselves and engage in their lessons. I pride myself on being patient, calm and approachable no matter who the client is, their ability or their age.

Speciality Areas

- Pre-school children
- Stages 1-4
- Nervous Beginner Adults

Availability

I mostly work during the day-time and Saturday afternoons.

For lessons please contact me on j.small@uea.ac.uk



KAREN GOODHEW

I am an enthusiastic experienced Level 2 Swimming Instructor. My drive and ambition to learn and grow as a Teacher has taken me to four countries on two continents. Everyone has the right to learn to swim.

Speciality Areas

- Adults Beginner to Masters
- Triathlete's stroke/ stamina / speed
- Swim England Pre -School - All Stages & Elite
- Rookie Lifeguard

Availability

I am available daytime / evenings occasional weekends.

Please contact me on k.goodhew@uea.ac.uk



KATIE COLLINS

I am a Level Two ASA trained swimming teacher. In my view, it is important for every child to learn to swim, and learn to be safe in water. I feel privileged to be able to share my passion for this with my clients of all ages and abilities. Seeing progress each week is the most rewarding part of my job, especially when both children and adults realise their own capabilities.

Speciality Areas

- SEN Children
- Adult Beginners

Availability

I am available most evenings and weekends, with occasional slots during the day. Please contact me on k.collins@uea.ac.uk



NATALIE ALLEN

I am a Level 2 ASA trained swimming teacher and have been teaching for 7 years. I have a huge passion for teaching people swim, especially adults. Swimming is such an important skill to possess, so I count it as my privilege to help others accomplish their personal achievements.

Speciality Areas

- Adult beginners
- Advanced adults
- Triathletes

Availability

My availability varies week-to-week, so if you are looking for lessons then please contact me on n.allen1@uea.ac.uk

PRIVATE LESSONS

Private lessons are available for adults and children at Sportspark. These should be organised via the current swimming teachers and are payable to the Sportspark reception at point of booking. For full terms & conditions visit the website.

1 - 1 LESSONS

Sportspark offer 1-1 lessons through our qualified swim teachers below. Cost: classes are 30 minutes long and cost £16 for members or £20 for non-members. Six one to one sessions: £80 for members or £100 for non-members.

1 - 2 LESSONS

£24 for members or £30 for non-members. Six one to two sessions: £120 for members or £150 for non-members.





COURSE DESCRIPTIONS

ADULT COURSES

Be a Water Confident – for nervous swimmers or those new to swimming that want to improve confidence.

Be a Swimmer – giving swimmers the skills necessary to start swimming independently over short distances without support or swimming aids.

Be a Better Swimmer – for those that can swim 25 metres or more and would like to improve technique and build on their stamina.

Be a Master Swimmer – for those that would like to develop more advanced swimming skills to be able to compete or confidently enter a masters section of a swimming club.

JUNIOR COURSES

The Learn to Swim Stage 1-10 Awards are divided into progressive stages. They make up the core, national syllabus of learning to swim for primary school aged children.

They are designed to reward your child for their development of the essential aquatic skills they need to be confident, competent and safe in the water.

Each of the Learn to Swim Stage 1-10 Awards has a list of clear outcomes that need to be completed in order to gain each Award.

To view each stage outcome description go to
<https://www.swimming.org/learntoswim/asa-awards-badges-certificates/>



TRI-SPLASH

Tri-Splash is a 5 week crash course aimed at triathletes of all levels.
This is training only for the swimming element of triathlon.

The course will be delivered by a British Triathlon Level 2 coach
with experience of coaching novice swimmers.

**FOR THE MOST UPDATED LIST OF TRI-SPLASH COURSES
VISIT THE SPORTSPARK WEBSITE.**



SWIMMING INFORMATION

HOW TO BOOK

Please fill in a Sportspark Booking Form and return to Sportspark's reception (from the enrolment date specified), together with full payment. All courses must be pre-booked and paid for in advance. Booking forms are administered in order of receipt from the enrolment date. **All enrollments onto stages 1-10 will get FREE swimming outside of their lessons for the duration of term.**

BADGES AND CERTIFICATES

Rewarding children for their progression is of great importance. Each child is therefore rewarded at the end of every course and this could be in the form of presenting them with a Completed Stage Badge and Certificate (in preparation to move up a stage), an award that compliments their ability, for example, a distance or skill based Badge and Certificate, or even a "Well Done" sticker.

TEACHING VENUES

The SPLASH Learn To Swim programme will be taught at both Sportspark and the City Academy Teaching Pool. Sportspark's world-class pool offers some of the finest swimming facilities in Britain. The City Academy Teaching Pool offers the security of a smaller pool built for the purpose of introducing children to the water and taking their first unaided strokes.



Sportspark Pool: Sportspark, University of East Anglia, Norwich Research Park, Norwich, NR4 7TJ

City Academy Teaching Pool: City Academy, Earlham Rd entrance (not Bluebell Rd), Norwich NR4 7LP

To enquire about a course call 01603 592398.

For any more information, please email Aquatics Manager - Matthew Brooks at matthew.brooks@uea.ac.uk

www.sportspark.co.uk

All day every day for the community.

Sportspark, Norwich Research Park, Norwich, Norfolk, NR4 7TJ

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Sportspark