



Norwich Swan Swimming Club

Summer Swim 2021

Hethersett VC Primary Sch

1.00pm - Beginners
1.30pm - Beginners
2.00pm - Improvers
2.30pm - Beginners
3.00pm - Beginners
3.30pm - Beginners

Week 5 Mon 23 rd – Fri 27 th Aug

Recreation Road Infant Sch

12.30pm - Beginners
1.00pm - Beginners
1.30pm - Improvers
2.00pm - Beginners
2.30pm - Beginners

Week 5 Mon 23 rd – Fri 27 th Aug

Price and details for our week long courses above:

£35 for one week (5 days). All prices are per swimmer. All courses run Monday to Friday. All lessons are 30 mins long.

Additional ad hoc Summer Saturday Lessons (Norwich High School for Girls only): *(Please tick)*

Time/Standard	Sat 7 th Aug	Sat 14 th Aug	Sat 21 st Aug	Sat 28 th Aug
12.00 Beginners (stage 1-3)				
12.30pm Beginners (stage 1-3)				
1.00pm Beginners (stage 1-3)				
1.30pm Beginners (stage 1-3)				
12.00 Beginners Plus (stage 3-4)				
12.30pm Beginners Plus (stage 3-4)				
1.00pm Improvers (stage 4+)				
1.30pm Improvers (stage 4+)				
12.00 - Introduction to Diving (stage 4+)				N/A
12.30pm - Lifesaving Skills (stage 4+)				N/A

Course information for ad hoc summer Saturday lessons:

- Lessons can be booked for individual Saturdays during August at Norwich High School for Girls (NHSG)
- All lessons are 30 min long
- **Ad hoc lessons cost £7 per lesson/per child**
- Beginners: stage 1-3, shallow water not yet swum 5m
- Beginners Plus: stage 3-4, mid depth water can swim 5m
- Improvers stage 4+, confident in deep water
- Diving and Lifesaving lessons are suitable for stage 4+ if confident in deep water

Full payment must be made prior to attending any Summer Swim Course to guarantee your place. **(Payment is non-refundable unless the course has to be cancelled by Norwich Swan.)** I am paying by (please tick one box):

- Cheque (**Cheques should be made payable to: "Norwich Swan Swimming Club".**)
 Card payment (once we receive your form, we will phone you to take payment.)

*Please complete this form, detach it, and post it with your cheque (if applicable) to:

Norwich Swan Swimming Club, Paston House, Holly Lane, Blofield, Norwich, NR13 4BX.

(If you are not sending a cheque, you can email a scan/photo of your completed form to membership@norwichswansc.co.uk Please ensure you provide a phone number so we can call you and take a card payment to secure your place.

I agree to the terms and conditions as published on this form and on the Norwich Swan website:

Parent/Guardian Name: _____ **Parent/Guardian Signature:** _____ **Date:** _____

(please print clearly)

- I consent to allow the storage and use of our personal information within Norwich Swan Swimming Club for administration of our lessons. Without this permission you will not receive information essential to your lessons and progress.

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*Please note we will use the data supplied on your application form for course administration and payment purposes. Your data is secure and will not be shared with any third parties. Your data will only be used as outlined in our club privacy policy found on our website: www.norwichswansc.co.uk



Norwich Swan Swimming Club

Summer Swim 2021

Swan Summer Swim Courses are suitable for children aged 4 years and over. The intensive courses are an ideal opportunity for children to top up their skills or start learning to swim during the school holidays in a fun and safe environment.

All of our lessons are taught by Swim England qualified swimming teachers and are based on the national plan for teaching Swimming as recommended by Swim England. As per Swim England guidelines, all involved adults have a current DBS check and safeguarding training.

The week long lessons are £35 for a 5-day course. (Prices are per swimmer. The lessons cannot be split between siblings etc). **Bookings are non-refundable unless the course has to be cancelled by Norwich Swan.**

Week 1- Monday 26th July to Friday 30th July

Week 2 – Monday 2nd August to Friday 6th August

Week 3 – Monday 9th August to Friday 13th August

Week 4 – Monday 16th August to Friday 20th August

Week 5 – Monday 23rd August to Friday 27th August

Venues are:

- Colman Junior School, South Park Avenue, Norwich NR4 7AU
- Drayton Junior School, School Road, Drayton, Norwich, NR8 6EF
- Heartsease Primary Academy, Rider Haggard Road, Norwich, NR7 9UE
- Hethersett VC Primary School, 22 Queen's Road, Hethersett, Norwich, NR9 3DB
- Recreation Road Infant School, Recreation Road, Norwich, NR2 3PA
- * Norwich High School for Girls (NHSG), 95 Newmarket Road, Norwich, NR2 2HU (**Saturday ad hoc lessons only.*)

Course Information:

- Beginners range from no swimming ability up to 10m swimming (stages 1-3).
- Improvers (working on stages 4-6) can swim at least 10m on front & back or have passed stage 3.
- Beginners will swim widths; Improvers will swim lengths.
- All lessons are 30 minutes long.

Changing Rooms:

Use of the changing rooms will depend on COVID rules at the time of the course.

Where changing rooms are being used: If a child is of an age where help is required from a parent, then the parent/guardian must use the correct changing room for their own sex/gender and their child should accompany them. Once children are aged 8, we expect them to change unassisted without parents in the changing rooms. This is for the privacy of older children who may feel uncomfortable with adults present.

If a child requires additional specific assistance this should be addressed with the teacher at the start of the course. Please refrain from taking any photographs in the pool and changing areas. Mobile phones should remain in bags or pockets or have the camera function disabled.

Booking a Place:

Places are sought after so book early to avoid disappointment. Booking details are on the application form overleaf. To speak to a teacher about the course, please call Michael Stowers on 01603 478315 or email:

michael.stowers@live.co.uk



Term Time Swimming Lessons

Norwich Swan Swimming Club

Continue your child's swimming journey with us during term time at all these times and venues:

Monday

- Thorpe St Andrew High 5.00-7.30pm

Tuesday

- Drayton Junior 4.30-7.30pm
- Heartsease Primary 4.00-7.30pm
- Sprowston High 4.30-7.30pm

Wednesday

- Hetherset Junior 5.00-8.00pm
- Broadland High 5.00-7.30pm
- Thorpe St Andrew High 5.00-6.30pm

Thursday

- Heartsease Primary 4.00-7.30pm
- Colman Junior 4.30-8.00pm

Friday

- Sprowston High 5.00-8.00pm

Saturday

- Broadland High 9.00-12.30pm
- Heartsease Primary 9.00-12.00pm
- Heartsease Primary 1.00-4.00pm
- Norwich High School for Girls 12.00-2.00pm

Sunday

- Heartsease Primary 9.00-12.00pm

One to One Lessons

Various

All lessons are 30 mins long. Price available on enquiry.

To book term time lessons:

Contact Mrs Christine Bedder on 01603 986161

Email: tsenquiriesnssc@gmail.com or **visit:** www.norwichswansc.co.uk

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