

Dinnaton Swim Club offers a comprehensive route to confident swimming and success up to national level for those that want to progress this far. The Club has a proud history of success and delivers top quality professional coaching following the Amateur Swimming Association guidelines and more.

The Club is a friendly, family orientated, non-profit-making association dedicated to providing high quality individual and group swimming sessions.

## **LEARN TO SWIM at DINNATON**

There are two routes to learning to swim with Dinnaton Swimming Club: group or one-to-one sessions.

# GROUP SESSIONS - for further information contact Nan Lowden on 01752 338637

Learning to swim in a group is, for the majority, the best way to become a proficient swimmer. Our sessions are split into 4 ability levels and each session normally comprises up to 4 groups of 8-10 children. In the early days, we teach in the pool with a ratio of one teacher for 2 children. Once children develop confidence and ability, we move them into groups which focus on different skills so they end up being a capable and confident swimmer in the water. The programme is designed to ensure that individual needs are met as everyone develops at a different rate.

Group sessions operate on a Saturday morning between 10.00-12.30 and on a Wednesday afternoon between 15.45-17.15. These are for children aged four and a half years and above and are conducted under the watchful eye of Coach, Nan Lowden, and her team of ASA qualified teachers and helpers.

Dinnaton Swimming Club work to the ASA National plan for teaching. Swimming badges are awarded as the children's skills and confidence develop. Lessons operate throughout the year, closing only for the two weekends over Christmas and New Year, and at Easter and August Bank Holiday. During the year, there are opportunities to complete distance badges and compete in a mini Gala.

Group sessions cost £9.99 per calendar month which is payable by monthly Direct Debit. The cost per swimmer is the same regardless of which group is attended. Please enquire about lessons at McCaulay's reception, where staff will complete your Direct Debit mandate on behalf of Dinnaton Swimming Club along with your McCaulay's membership. Once completed, contact Nan Lowden on 01752 338637 to book your child's assessment session.

10-10.30 (Sat) & 15.45-16.15 (Wed) Non-swimmers + basic improvers on widths	This class is for our youngest or most inexperienced swimmers. The majority of teaching takes place with the teacher in the pool working with 1-4 learners depending on confidence & ability.
10.30-11.00 (Sat) & 16.15-16.45 (Wed) Improvers on widths	Some teachers still in water. Sessions generally undertaken in small groups of 4-6 swimmers per teacher.
11-11.30 (Sat) & 16.15-16.45 (Wed) Improvers on widths	Progression from the above for our confident improvers (widths) with teachers out of the water; groups of 6-8 swimmers.
11.30-12 (Sat) & 16.45-17.15 (Wed) Improvers on lengths	Lengths for half hour sessions (teachers out of the water). Generally groups of 8-10 swimmers.

#### **ONE-to-ONE LESSONS**

Dinnaton Swim Club can also offer one-to-one lessons with experienced, fully qualified coaches. This provides a route to confident swimming and benefits those who are particularly nervous or who do not feel confident learning in a group. It is also aimed at those who are looking to improve technique or stroke with focussed individual coaching. The cost for these sessions is as follows:

#### Half hour lesson = £14 Shared lesson = £8 per person

One-to-one lessons usually take place during open public swimming sessions on a weekday afternoon. Available times can be tailored around a customer's needs and school or work.

To book one-to-one lessons or for further information please email one2one@dinnatonswimming.co.uk





# **COMPETITIVE & SQUAD SWIMMING**

Once a swimmer has the confidence and ability to swim lengths (25 metres) comfortably and has mastered the basics of key strokes, then a natural progression is to the Dinnaton Swim Club squads. Squad training follows a training programme that enables swimmers to become fully proficient at all strokes and capable of entering competitions.

There are 4 different squads, each one of 20 or so swimmers, who train with dedicated coaches at various times during the week. Entry into a squad is based on ability and while normal progression is rising up through the squads, swimmers joining the club from elsewhere may well be introduced at a different level.

The 4 squads are as follows, each focussing on differing abilities:

## **C SQUAD**

These are our newest squad members who have recently been promoted to the squad, or joined the Club and will start the training programme designed to bring a swimmer up to competition level for their age group. As Dinnaton is a competitive swimming club, our training is geared around all squad members entering competitions. The accent of your training will be on perfecting your strokes along with starts and turns rather than winning competitions.

#### **B2 SQUAD**

Once you have learned how to train properly, the focus will be on learning to compete. Training will become more challenging though we will still put emphasis on perfecting technique. You will be encouraged to compete more.

## **B1 SQUAD**

Once you are competent as a competitor, and not until, the accent will be on training you to win awards. These squad members will train and prepare to race at county and district events. Membership of any squad is on ability – not age.

## **A SQUAD**

Swimmers will have met all the criteria for movement to this squad and will have shown appropriate skill and dedication to train for major events and success. Members will compete in county, district & national competitions.

Details of these squads and requirements can be found on **www.dinnatonswimming.co.uk**. There are monthly Club fees payable starting at £15 for C squad and at the top range £38 for A squad. All squad fees are to be found on the website. This equates to about £1 per hour for top class swimming coaching.

For more information about squad sessions, please contact the Club Secretary at info@dinnatonswimming.co.uk

## **MASTERS SWIMMING**

Dinnaton Swimming Club runs a successful Masters class on a Tuesday evening. The session runs for one hour starting at 1930 and is coached by Lesley McCreery. This class is aimed at all levels of adult swimming, from beginners to experienced swimmers. The sessions are tailored to individual needs – all levels are catered for in a friendly, informal atmosphere. Our more experienced swimmers recently attended the Devon Masters competition and collected several medals, both individually and as a team. Session fees are payable on the night.

For more information about Masters classes, please contact Lesley on 01752 690256