



Just do  
More!

# Junior Swimming Lessons Programme

*For school-aged children*



# FREE Swimming

for all our Junior  
swimming lesson  
customers  
(Public swimming sessions only)

DRONFIELD  
SPORTS CENTRE  
Tel: 01246 217217

ECKINGTON SWIMMING  
POOL AND FITNESS CENTRE  
Tel: 01246 217481

SHARLEY PARK LEISURE CENTRE  
Tel: 01246 217277

[www.ne-derbyshire.gov.uk](http://www.ne-derbyshire.gov.uk)



North East  
Derbyshire  
District Council





# What is Just do More! Swim Stars?

Just do More! Swim Stars is a programme to teach 4 ½ to 16-year-olds to swim, run by North East Derbyshire District Council at our three leisure centres in Dronfield, Eckington and Clay Cross.

Our trained instructors will teach children a range of skills, including water confidence, strokes and water safety.

## Professional teaching at an affordable price

Just do More! Swim Stars lessons are delivered by fully qualified teachers. Our programme provides high quality teaching at competitive prices, making them accessible for everyone.

See our leisure centre noticeboards or visit [www.ne-derbyshire.gov.uk](http://www.ne-derbyshire.gov.uk) for an up-to-date price list.

## It's healthy – and fun!

Learning to swim not only provides an important skill, but also helps your child stay fit and healthy - setting them up for a lifetime of activity.

NEDDC is proud to be in partnership with the STA Swimming Teachers Association.

The STA International Learn to Swim Programme (ILSP) and millions of children worldwide have learned to swim using this system.

The ILSP recognises that pupils learn to swim at many different ages and progress at varying paces. It also appreciates that swimming teachers use different techniques and have different levels of experience.

The ILSP consists of five progressive schemes which are interlinked. There is a standalone scheme for people with disabilities and supporting awards for the more competent swimmer and diver. There are also supporting awards in lifesaving, personal survival, diving and competitive starts and turns to complement a learner's development through the scheme and provide additional motivation.

Our aim is to teach your child to swim quickly and safely, while our programme is designed to reward achievement and make all children confident and competent around water.

**You can enrol  
for Just do More!  
Swim Star lessons  
on our website  
[www.ne-derbyshire.gov.uk](http://www.ne-derbyshire.gov.uk)**

# Learn to swim programme

## Starfish - 0-2 years

Introducing babies into the water in an adult and child setting. Adults and children develop water confidence, basic swimming and safety skills together through fun games and songs.

## STAnley - 2-5 years

Learners develop basic swimming strokes and water safety skills with, or without, an adult in the water. Classes are fun and engaging, developing water confidence.

## Octopus - 5 years and over

Essential movement and swimming skills are developed alongside water safety. Working towards the removal of swimming aids and 5m distance award.

## Goldfish - 5 years and over

All strokes are developed further, including breathing techniques. Other aquatic skills are introduced. Working towards 10m and 15m distance awards.

## Angelfish - 5 years and over

Working towards 20m and 25m distance awards and refining stroke techniques. Skills such as sculling and entries into the water are performed.

## Shark - 5 years and over

Developing finer stroke technique alongside personal survival and water safety skills. Working towards 50m and 100m distance awards. Introducing basic rescue skills to create a full competent swimmer.

## Advanced Swimmer - 5 years and over

Comprising of three levels - bronze, silver and gold. Working through this series, learners further refine their stroke technique and rescue skills and will be introduced to synchronised swimming and water polo skills.

## Platinum Award - 5 years and over

The ultimate STA swimming and survival award. This award combines swimming, survival and lifesaving, as well as synchronised swimming and water polo skills.

Swimming Lessons are on

**twitter** 

@nedDCswimstars



# Interested?

Just do More! Swim Stars lessons run on the days and times below.

For more information, including prices, visit our website at [www.ne-derbyshire.gov.uk](http://www.ne-derbyshire.gov.uk) or contact any of our centres.

*You can also enrol online.*

## Dronfield Sports Centre

Civic Centre, Dronfield, S18 1PD  
(01246) 217217

### Lesson times:

Mondays: 4pm - 7pm  
Tuesdays: 4pm - 6.30pm  
Wednesdays: 4pm - 7pm  
Thursdays: 4pm - 7pm  
Fridays: 4pm - 7pm  
Saturdays: 8.30am - 12.30pm

## Eckington Swimming Pool and Fitness Centre

Gosber Street, Eckington, S21 4DA  
(01246) 217481

### Lesson times:

Mondays: 4pm - 7pm  
Tuesdays: 4pm - 7pm  
Wednesdays: 4pm - 6.30pm  
Thursdays: 4pm - 7pm  
Fridays: 4pm - 6.30pm  
Saturdays: 8.30am - 12noon

## Sharley Park Leisure Centre

Market Street Clay Cross S45 9LX  
(01246) 217277

### Lesson times:

Mondays: 4pm - 7pm  
Tuesdays: 4pm - 7pm  
Wednesdays: 4pm - 7pm  
Thursdays: 4pm - 7pm  
Fridays: 4pm - 7pm  
Saturdays: 9am - 1pm



North East  
Derbyshire  
District Council



**We speak  
your language**

**Polish**  
*Mówimy Twoim  
językiem*

**French**  
*Nous parlons  
votre langue*

**Spanish**  
*Hablamos su  
idioma*

**Slovak**  
*Rozprávame  
Vaším jazykom*

**Chinese**  
*我们会说你的语言*

*\*NB some terms  
may run through  
school holidays  
to maximise  
progress. Please  
note there may  
be a short  
waiting list.*



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