

## Swimming Trust: Swimming Teacher Development Programme

### Dawn's story

I took part in The Swimming Trust Swimming Teacher Development Programme that was held in Hull between June and December 2013. The programme was supported by Hull City Council, The Swimming Trust, Sport England and the Amateur Swimming Association. Upon completion of the programme I had qualified in the UKCC Level 1 and Level 2 Teaching Aquatics.

I thoroughly enjoyed attending the training, the interaction with the children on the course was a fantastic experience and the personal development and learning of new skills made the project really worthwhile.

As an ex competitive swimmer and lifeguard I have always had a passion for swimming, and this project has enabled me to pursue that further and also teach a life skill to other people.

Since qualifying I have completed my 30 voluntary hours, working alongside teachers with children from Ducklings to Stage 7. I really enjoyed working with the younger children, one little boy in particular sticks in my memory, he was very nervous at the start of the lesson and did not want to get into the pool, by the end of the lesson we had tears because he did not want to get out. I have also been teaching children through a private swim school in the area.

I am also planning to use my qualification in my full time role. I work for Pickering and Ferens Homes, engaging with



residents that are over the age of 60 to improve their health and wellbeing and reduce the risk of social isolation. Pickering and Ferens Homes is really supportive of my ambition to deliver swimming lessons to our residents.

*"The fact that Dawn has taken it upon herself to bring older people together to swim socially can only have a positive impact for our residents. I would like to take this opportunity to congratulate her on her achievement."*

*Claire Warren – Chief Exec. Pickering & Ferens Homes*

I am looking forward to passing on the skills that I learnt on the project and cannot wait to get started.