



DERBY EXCEL SWIMMING CLUB

Excel Ignite FAQ's

Aims of the programme: For those interested in developing their swimming journey after swimming lessons, Excel Ignite may be the opportunity you have been looking for. We will develop your swimming technique, introduce you to competitive swimming, improve your fitness and all in a fun and supportive environment.

Where do our sessions take place?

Woodlands school Pool, Blenheim Drive, Allestree, Derby DE22 2LW.
Sundays 6.30pm-7.30pm.

There are seats poolside for parents to watch the sessions or a lobby area to sit. There is free parking at the school during the session. We do ask that parents remain on site for the duration of the session.

Is Excel Ignite suitable for my child?

We ask that swimmers have previously taken lessons to around stage 5 level, though we do recognize that some swimming schools use different methods of evaluating swimming standards. Where this is the case, do get in touch. Swimmers should be between the ages of 6 and 12. Swimmers may still be in lessons and use Ignite as top up sessions to further develop their swimming which means that they tend to quickly build stamina which will help if they do wish to join club squads in the future. All swimmers will have the opportunity to join Derby Excel Swimming Club if they wish to. A huge benefit of Excel Ignite is that children have the opportunity to try out competitive swimming without having to commit long term, get to know squad coaches and make new friends who may also wish to join club squads with them. The Excel Ignite programme commenced in 2025 and feedback from both swimmers and parents has been excellent.

Who will teach my Child?

Derby Excel coaches will teach the course. Many of the staff are current or former Derby Excel swimmers with years of experience in developing swimmers and all have the appropriate Swim England Qualifications.





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What equipment should I bring?

Goggles, a swim hat and a water bottle. Kick boards and pull buoys are provided.

What are the costs?

The monthly cost is £32. You will be offered 48 weeks of swimming per year. We take a short break over Christmas and a longer break in the summer holidays.

All swimmers must become members of our Governing body, Swim England for insurance purposes. There is a one-off annual fee of £23.75 which is due when you join and then on 1st January each year. If you join after the summer break the fee is reduced by 50% to £12 for the remainder of the calendar year.

If and when your child moves to a club squad additional membership fees will apply.

How do I pay?

You will receive a membership form and a link from our membership team upon joining, inviting you to sign up to “Sports Engine” our admin system. You will be asked to add a payment card to your account and your fees will be taken on the 1st of each month.

We hope that your child enjoys being in the Excel Ignite squad but if your child at any time decides to hang up their goggles get in touch with clubmembership@derbyexcel.org.uk and we will cancel the membership from the end of that month. You must inform us by the 21st of each month to allow time for the cancellation process to be administered.

Do I have to join Derby Excel Swimming Club?

No, whilst all swimmers in Excel Ignite receive the same excellent coaching as swimmers in the club, it is Excel a stand-alone programme which means you and your child do not to pay annual fees other than the Swim England membership whilst they are in the Excel Ignite squad.

The aim is to provide an introduction to competitive swimming, and we





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hope that many swimmers will be inspired to continue their swimming journey and join a club squad when they are ready, but it is not mandatory. We recognise that one hour's swimming a week is enough for some children and Excel Ignite will develop swimming ability within that timeframe. if they do not wish to enter club swimming. Your swimmer will make rapid progress, learn new skills, improve technique and develop stamina. As the swimmer develops so does the programme.

There are opportunities throughout the year to try out a club session at our home pool, Moorways. Club swimmers will visit the Excel Ignite sessions to showcase demonstrations and skills.

How long will it be before my child is ready to move to a club squad?

This will be different for each swimmer but be assured our coaches will let you know when they believe your child is ready to progress to a squad. Unlike their Learn to Swim lessons, where completing a set criteria of actions in the water is needed to progress, different skills are required for competitive swimming, which Excel Ignite aims to develop. As well as good technique coaches will be looking for a level of stamina that means your child can keep up in squad training sessions, the ability to listen to coaching instructions and action them, and the maturity to fit into a tight knit squad of swimmers that train together to support each other to excel. Our aim with Excel Ignite is that all swimmers have the opportunity to join a squad with Derby Excel Swimming Club when they are ready, should they want to continue with competitive swimming.

What are the different club squads?

You can find out more about the different squads on our website
Derbyexcel.org.uk-squads

Hopefully this information gives you a useful overview of the Excel Ignite squad but if you have any further questions, do please get in touch.

