
Pricing and Terms and Conditions

	30 min session	1 hour session
Adult session 18+	£30	£50
Child 4-18	£35	£55
Child under 4 (accompanied with carer)	£30	£50
Joint session (2 individuals)	£45	£70
Joint session (3 individuals)	£55	£80

Terms and conditions:

- For the joint sessions, the individuals must have similar swimming abilities as it is very difficult to provide quality teaching to individuals that have very different needs. I suggest 1 to 1 session if abilities differ significantly.
- Price may vary depending on the distance I have to travel. I am based in Greenwich, SE10. Under 25min (cycle or transport or walk) will be free of charge. For every extra 20 minutes the price will increase by £5. (Example: if the distance is 45 min, that is 25 (free) + 20 min (£5))
- Cancellations are refundable if made 48 hours prior to the scheduled lesson. Any later than that will not be refunded unfortunately as it will be too late to reschedule with another client.
- Payment must be done by bank transfer and sent before 48 hours to confirm the lesson. Bank details will be given out once in contact. 😊
- The first lesson will be discounted by 50%! After that, if you'd like to continue the prices are stated above.
- I will provide all equipment necessary for the lessons. However, I cannot provide basics like goggles, swimming costumer or hat.

NORA FRANCILLON

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EDUCATION AND QUALIFICATIONS

LONDON SCHOOL OF ECONOMICS, BSc MANAGEMENT

2021-2024

- Year 1 Modules: Quantitative Methods (mathematics and statistics), Organisational Behaviour and Leadership, Operations Management, Economics (macro and micro), Finance, Management Accounting.
- Year 2 Modules: Econometrics, Financial Accounting, Information Systems, Marketing, Human Resource Management, Managerial Economics.
- Year 3 Modules: Strategy, Principles of Finance, Accounting Theory and Practice, E-business, Business and Organisational Ethics.

EXPERIENCE

HUMAN RESOURCES INTERN, TOTALENERGIES E&P, ABERDEEN

JUNE-AUGUST 2023

- Led aspects of the recruitment process by independently screening resumes, organising and shadowing candidate interviews, contributing to the successful hiring of 3 new employees.
- Developed a deep understanding of the oil and gas industry through hands-on experience, gaining insights into the industry's financial challenges and strategies specific to the industry.

SWIMMING COACH, DULWICH DOLPHINS

2021-ONGOING

- Designed and diagnosed plans as a coach to help clients achieve their goals by using personal experience and knowledge.
- Strengthened the skill of empathy, comprising of listening skills to adapt to individual's different learning needs.
- Clients are competitive swimmers with a high level of swimming ability. My role is to help improve technical skills and training endurance.

PRIVATE 1-ON-1 SWIMMING TEACHER

2023

- Private lessons to 3 children ages 4, 6 and 10 at Novotel Canary Wharf swimming pool. Give specialised teaching tailored to the children's independent needs. Saw rapid improvements in the swimming abilities and confidence of the clients.

SWIMMING INSTRUCTOR, EVERYONEACTIVE, PECKHAM PULSE

2021-2023

- Teaching weekly classes ranging from 1 to 8 clients of differing abilities. Running disability sessions, adult sessions, baby sessions accompanied with parent/carers and children sessions varying ages from 4-16 years.

SWIMMING INSTRUCTOR, THE GREENWICH CENTRE

2021

- Similar job role as above however moved centres due to better salary.

LIFEGUARD, EVERYONEACTIVE, PECKHAM PULSE

2019- ONGOING

- Implemented the skill of responsibility and communication through a team rescue performed, including emergency CPR on a customer under cardiac arrest where we had to communicate effectively as a team under pressure.

POSITIONS OF RESPONSIBILITY

CHARITY OFFICER, LSE NORTH AFRICAN AND MIDDLE EASTERN SOCIETY

2022-ONGOING

- Helped create a physical platform of cultural exchange for people from the region and those interested in the region to come together.
- Researched, organised and hosted charity events. NPLQ

HEAD OF SPORTS, HARRIS WESTMINSTER SIXTH FORM

2020-2021

- Innovated this role to maintain its purpose of encouraging and inspiring sports due to COVID-19 limitations.
- Published weekly articles on the newsletter of student sport successes and advice for maintaining a healthy lifestyle.
- Demonstrated the skill of creativity and perseverance.

AWARDS, SKILLS OR EXTRA QUALIFICATIONS

- STA level 2 swimming teacher qualification. 2021
- Swimming London regional medalist. 2018
- NPLQ 2019, 2021
- Duke of Edinburgh Award Bronze level. 2017
- Confident with a range of IT packages including MS Word, Excel, PowerPoint, Internet and Email.
- Fluent in French and English with conversational level Spanish.

INTERESTS

- Development and sustainable economics and how economics can be used to alleviate extreme poverty.
- Chess for leisure.
- Swimming several times a week to maintain a healthy lifestyle.



Awarded by

Safety Training Awards

STA Level 2 Award in Teaching Swimming

Awarded to **Nora Francillon (GL342414)**

Date of Attainment **17/09/2021** Date of Expiry **N/A**

Course Reference No. **154547-04** Qualification No. **603/3014/4**

The named learner has achieved the following unit(s):

Unit Reference	Unit Title	Level
A/615/4669	Safeguarding Children, Young People and Vulnerable Adults	2
R/616/9114	Planning, Delivering, Assessing and Evaluating Swimming Lessons	2
Y/616/9115	Understanding a Swimming Teacher's Role	2
H/616/9117	Understanding the Health and Safety Requirements for an Aquatic Environment	2
K/616/9118	Understanding the Scientific and Learning Theories Relevant to Swimming Teaching	2

Dave Candler, Chief Executive STA



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