



October Intensive Swimming Courses

This October sign up to one of our 5 Day Intensive Swimming Courses. Lessons are taught by experienced instructors who provide high standards of tuition in water confidence, technique and aquatic skills. We are also running 1-2-1 and 1-2-2 lessons throughout the week as well as a Synchronised Swimming and Start Diving session.

GROUP INTENSIVE COURSES	
Monday 21 to Friday 25 October	
9am Stage 1 - Non Swimmers	Stage 1 to 2 Courses: £37.50 Priority Card £42.50 Casual User Learn 2 Swim 7+: £25
9.30am Stage 2 - Beginners	
10am Learn 2 Swim 7 Years+	
23 October Synchronised Swimming - 10am to 11am	Sessions cost £6
25 October Start Diving - 10am to 11am	

Stage 1 (4 years+): Develop basic movement skills, flotation, water confidence and safety awareness with the aim to swim 5 metres with aids on front and back.

Stage 2 (4 years+): Develop safe entries into the water and practice floating, travelling and rotations. The aim is to achieve 5 metres on the front and back without use of aids.

Learn 2 Swim 7 Years+ Stage 1: Exclusively for 7 year+ non swimmers this course aims to improve water confidence, introduce movement in the water, water safety, submersion, flotation and for the participant to be able to complete 5 metres front and back with aids.

Synchronised Swimming: This session will teach you the initial skills of this fun aquatic discipline. Participants must be able to swim front & back crawl and breaststroke or be working towards Stage 6 within the Swim School.

Start Diving Learn the basics of diving from poolside, including Tuck, Pike and Straight Dives in a fun, safe and supportive environment.

To book your place please visit the centre or give us a call