



PARENT & BABY (6 Months - 2 Years)

A confidence building class for parent and baby alike with lots of songs and smiles.

PARENT & TODDLER (2 -3 Years)

Continue to develop confidence for both parent and child whilst independence starts to be encouraged.

PRE-SCHOOL (3 - 4 Years)

Develop water confidence through positive play and guided discovery. A structured class without parent accompaniment.

BEGINNERS 1 (ASA Stage 1 & 2)

Held in the Learner Pool, basic, easy to follow practises are developed to improve confidence and ability.

BEGINNERS 2 (ASA Stage 2/3)

Held in the Main Pool, submersion, flotation and independent travel are further encouraged focusing on body position and technique.

IMPROVERS 1 (ASA Stage 3/4)

Swimmers will be taught the key skills required to develop the four main swimming stokes.

Children must be able to swim for this class.

IMPROVERS 2 (ASA Stage 5)

Held in deep water the aim is to improve the technical ability of each stroke over a gradually increasing distance.

ADVANCED (ASA Stages 6 - 10)

Lengths classes where the laws of each stroke will be taught alongside principles of training.

SYNCHRO SWIM (From ASA Stage 5, able to swim 200m and age 8+)

An Olympic Sport that mixes swimming with gymnastics and includes diving, stunts, lifts and endurance movements.

ROOKIE LIFEGUARD (From ASA Stage 5, able to swim 200m and age 8+)

Both a theory and pool based session. Swimming strokes, Water Safety, Rescue Principles, First Aid are all taught.

DIVES AND TURNS (From ASA Stage 5, able to swim 200m and age 8+)

Competitive starts, turns and dives are the focus of this class.

