

ADULT AND CHILD CLASSES



Conducted by qualified, experienced ASA teachers, our 20 minute classes will help your child to:-

- Aid physical development
- Improve balance and coordination
- Enhance social interaction
- Develop language
- Establish independent movement
- Start the journey to a lifetime involvement in physical activity.

Classes are carefully arranged according to age and are suitable for babies and children from 5 months to 3 years. Lessons are stimulating and exciting and provide a positive social experience and are great fun for adults too!

****Courses are held each weekday during term time as follows:**

Day	20 minutes sessions between the following times:
Monday	1.20pm, 1.40pm, 2.00pm
Tuesday	11.00am, 11.20am
Wednesday	9.30am, 9.50am, 10.10am, 10.40am, 11.00am
Thursday	10.45am, 11.05am, 1.40pm, 2.00pm, 2.20pm
Friday	10.40am, 11.00am, 11.20am
Saturday (Little Paddlers)	3.15pm, 3.35pm, 3.55pm, 4.15pm

****Advance booking is required for all classes**

For further information, to book a course or request an application form, please contact the Swim School office telephone 747240 or find us on Facebook.