



ADULT SWIMMING FOR ALL STANDARDS

JOIN AN ADULT 'LEARN TO SWIM' BEGINNER COURSE

Swimming is a life skill and it's never too late to learn, so why not take up the challenge and join a course?

ADULT NON-SWIMMER

At the Swim School we understand the pool can seem like a terrifying place. Possibly you've had a bad experience in water or maybe you've just never had the opportunity to learn. These classes take place within the swimmer's depth i.e. water of a depth where the swimmer can stand.

Classes are held on Wednesday evening between 6.00-6.30pm (Beau Sejour)

ADULT EARLY SWIMMER

Can you swim over short distances?

If you have just learnt to swim and would like to develop your stroke technique over short distances, this course would also be suitable for you. Registration required for this course - contact the Swim School.

Held Monday and Wednesday evening between 6.30pm - 7.00 pm (Beau Sejour)

ADULT IMPROVER TO ADVANCED TRAINING COURSES

*Can you comfortably swim a minimum of 25 metres front and back?
Are you a confident swimmer wishing to refine stroke technique and develop endurance and speed?*

Graded classes are available which allow you to progress through the lanes as you improve. Registration required for this course – contact the Swim School.

Held at St Sampson's High School on Tuesday and Thursday evenings 7.00-8.00 pm

ADULT GROUP SWIMMING CLASSES - FOR ALL STANDARDS

*No need to book in advance. Attend when you can – all levels catered for.
Learn to Swim / Improve your Stroke Technique / Advanced Training Session*
Classes are held on Tuesday/*Thursday/Friday, term time only 9.30-10.30 am.

Cost: £5.80 Members or £6.90 Non-Members (Ask at the Main Reception for an 'Adult Group Swim')

***Thursday session - should be able to comfortably swim a minimum of 25 metres front and back.**

PERSONAL SWIMMING TUITION

*Individual instruction is available for all levels.
Enjoy fast results with tuition specifically tailored to meet your individual needs.*

Cost: £22.00 for 30 minutes (Members) or £23.00 (Non-Members)



ASA Qualified Teachers

