

Aqua Tots

These sessions consist of half an hour with an Instructor and half an hour free play with balls, floats, rafts and slides. The Instructor is on hand at all times to give advice on how to increase your child's water confidence, enabling them to eventually move through the water unaided. The price is £3.70 per lesson and these are run in blocks of ten lessons.

Grades One to Ten.

Our class structure is designed for each grade to be a natural progression from the previous grade. This allows your child to continually learn and progress as strokes are developed and fitness and confidence gained.

From starting out in the early grades you can watch your child develop and progress in to capable confident swimmers.

The qualified Swimming Teachers constantly monitor and evaluate each child's progress and understand that not all children develop at the same rate. It is sometimes necessary for a child to repeat a grade several times before moving to the next grade. The price is £3.70 per lesson and these are run in blocks of ten lessons. Contact reception for start dates.

Grade One to Ten Re-enrolment Procedure

Children already participating in lessons will receive priority for the next course of lessons. Please note it is the responsibility of the Parent/Guardian to re-enrol their child.

Re-enrolment can be done in person at the Centre or by calling 01377 257480. Payment must be made at the time of re-enrolment and can be done by cash, card or cheque.

Please note that if you are unsure of the week number there are posters located around the Sports Centre highlighting the week number, alternatively you can ask any member of staff who will be happy to help.

WEEK 8

Children who are not moving into a new grade will receive their re-enrolment slips this week.

Parents need to re-enrol their child before the date shown on the slip.

Children can only re-enrol back into their current class at their current time. Children wishing to move times or day must re-enrol in their current class to ensure they keep their place and then try to make any amendments on week 10.

WEEK 9

Children moving into a new grade will receive their moving slips this week. Parents need to re-enrol their child before the date shown on the slip.

Children wishing to move times or day must re-enrol in their current class to ensure they keep their place and then try to make any amendments on week 10.

WEEK 10

On week 10, depending on availability of spaces, we will attempt to move children wanting to change days and times. Any remaining places will be filled from the waiting lists.

Pre - school

This introduces children from 3-5 years olds to a structured learning environment. Swimming Teachers will work at developing confidence, communication and a sense of water safety to the group whilst maintaining a fun and stimulating lesson.

Children who start their learning in pre - school show beneficial water skills and confidence in later grades. This is one of the most crucial stages in a child's swimming development. The price is £3.70 per lesson and these are run in blocks of ten lessons.

Rookie Lifeguards

Rookie is the Royal Lifesaving Society lifesaving skills programme for young people. The programme aims to:

Teach lifesaving skills

Increase swimming competence

Develop survival skills in the water

Develop confidence, initiative, judgement, teamwork and leadership

Be fun!

The Club also runs a development pathway for children who have completed the Rookie programme or children aged 10 years upwards who are strong competent swimmers. The pathway can lead towards the Bronze Medallion and National Pool Lifeguard Qualification. The price is 4.80 per lesson and these are run in blocks of ten lessons.