

JUNIOR SWIM LESSONS

Parent & Babe/Toddler sessions term time courses (approx 6 weeks)

Toddlers 2 - 4yrs Friday 9.30am

Babes 5months – 2yrs Friday 10.00am

Waiting list available. Depending on interest more sessions to be confirmed.

JUNIOR SWIM LESSONS Age 5yrs upwards.

5 x Ten week courses ongoing throughout the year with a 2 week break for Xmas.

Beginners up to Shark level all 30 minute lessons.

Bronze, Silver, Gold, Honours, Swimfit & Rookie Lifeguard all 45 minute lessons.

Any child age 4 years who is confident in 1 metre depth of water and can take instruction from the teacher can also be placed onto the programme.

Lessons available from 4.00 – 6.15pm Monday to Friday, 9.15 – 12.15 Saturday & Sunday.

ADULT BEGINNER SWIMMING LESSONS

5 WEEK COURSES (ongoing)

Wednesday 6.00 – 6.45pm

All Lessons 45 minutes

PUBLIC SWIMMING SESSIONS

Monday, Tuesday, Wednesday, Thursday, Friday, 7.15am – 8.30am.

Monday & Thursday 10.00 – 11.00am

Friday 9.30 – 10.30am

Monday, Tuesday, Wednesday, Thursday, 8.30pm – 9.45pm.

FAMILY SWIM SESSIONS

Friday: Session 1: 7.00 - 8.00pm

Session 2: 8.00 - 9.00pm

Saturday & Sunday: Session 1: 12.30 - 1.45pm

Session 2: 1.45 - 3.00pm

Pay on the day.

ADULT AQUAFIT CLASSES

Tuesday 8.30 – 9.30pm

Friday 7.00 – 8.00pm

Pay on the day.

SWIMMING LESSON CRASH COURSES ARE AVAILABLE DURING THE SCHOOL HOLIDAY'S

Lessons for Beginner/Improver 9.00am & 9.30am. To avoid disappointment book early to secure your child a place. Maximum 10 pupils per class.