

South Mainland Pool Summer Swim Schools and sessions
Available online and at reception now

<p>Pre School Beginners <i>For children aged 3+ who are still in armbands and not yet water confident</i></p>	<p>Monday 30th June – Thursday 3rd July 1400-1430 4 day block</p>
<p>Pre school Improvers <i>For children aged 3+ who are no longer wearing armbands and are water confident</i></p>	<p>Monday 30th June – Thursday 3rd July 1430-1500 4 day block</p>
<p>Swim Skills 1A Beginners For children aged 5+ who are not yet water confident</p>	<p>Monday 7th – Thursday 10th July 1400-1430 4 day block</p>
<p>Swim Skills 1A Improvers For children aged 5+ who are fully water confident and developing their strokes over 5 metres in the shallow end</p>	<p>Monday 7th – Thursday 10th July 1430-1500 4 day block</p>
<p>Swim Skills 1B For children aged 5+ who can swim widths of the shallow end and are ready for deeper water</p>	<p>Monday 14th – Thursday 17th July 1400-1430 4 day block</p>
<p>Swim Skills 2 For children aged 5+ who are developing their strokes over one length of the pool</p>	<p>Monday 14th – Thursday 17th July 1430-1500 4 day block</p>
<p>Swim Skills 3 For children aged 5+ who are developing their strokes over two lengths of the pool</p>	<p>Monday 21st – Thursday 24th July 1400-1430 4 day block</p>
<p>Swim Skills 4 For children aged 5+ who are developing their strokes over three lengths of the pool</p>	<p>Monday 21st – Thursday 24th July 1430-1500 4 day block</p>
<p>Deep End Test Training An hour of tips and training to help achieve their SRT deep end test (swim skills 2+ advised)</p>	<p>Tuesdays at 1600 on: 1st July 15th July 29th July 12th August</p>
<p>Rookie Lifesaving and First Aid For children wishing to learn lifesaving and first aid skills in a fun environment with official RLSS trainer/assessors (swim skills 3+ advised)</p>	<p>Tuesdays at 1600 on: 8th July 22nd July 5th August</p>
<p>Advanced Coaching Additional training sessions for our competitive swimmers</p>	<p>Mondays 1800 Wednesdays 1700</p>
<p>Individual Lessons One-to-one lessons with exclusive use of the pool and one of our instructors.</p>	<p>Contact reception to book</p>