

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

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