

South Mainland Pool Learn to Swim Programme 17th August – 8th October 2026
Available to book online from 2pm on Friday 31st July or by phone from 9.30am on Saturday 1st August

Pre School 1 <i>For children aged 3+ who are still in armbands and not yet water confident</i>	Wednesday 1500-1530
Pre School 2 <i>For children aged 3+ who are no longer wearing armbands and are water confident</i>	Tuesday 1330-1400 Thursday 1230-1300
Pre School 3 <i>For children aged 3+ who are fully water confident and swimming on front and back without support.</i>	Tuesday 1400-1430 Wednesday 1530-1600 Thursday 1300-1330
Swim Skills 1A Beginners For children aged 5+ who are not yet water confident	Monday 1615-1645
Swim Skills 1A Improvers For children aged 5+ who are fully water confident and developing their strokes over 5 metres in the shallow end	Tuesday 1530-1600 & 1600-1630 Wednesday 1600-1630 & 1630-1700 Thursday 1530-1600
Swim Skills 1B For children aged 5+ who can swim widths of the shallow end and are ready for deeper water	Monday 1545-1615 (shallow end) Monday 1615-1645 (mid-pool) Thursday 1530-1600 (mid-pool)
Swim Skills 2 For children aged 5+ who are developing their strokes over one length of the pool	Monday 1545-1615 Tuesday 1600-1630 Wednesday 1630-1700
Swim Skills 3 For children aged 5+ who are developing their strokes over two lengths of the pool	Tuesday 1530-1600 Wednesday 1600-1630
Swim Skills 4 For children aged 5+ who are developing their strokes over three lengths of the pool	Monday 1645-1715 Thursday 1600-1630
Club Ready Coaching For children who have completed the four Swim Skills levels and are moving on to competitive coaching.	Monday 1715-1800
Advanced Coaching Additional training sessions for our competitive swimmers	Every 2nd Monday starting 24/8 1800-1900 Wednesday 1700-1800
Individual Lessons One-to-one lessons with exclusive use of the pool and one of our instructors.	Please contact Richie or Ashleigh on 01595-807719 for availability

