

South Mainland Pool Learn to Swim Programme 26th October – Thursday 17th December

Available to book online Monday 12th October from 1400

Available to book by phone and at reception Tuesday 13th October from 1230

Pre School 1 <i>For children aged 3+ who are still in armbands and not yet water confident</i>	Tuesdays 1330-1400 Wednesdays 1500-1530
Pre School 2 <i>For children aged 3+ who are no longer wearing armbands and are water confident</i>	Thursdays 1230-1300
Pre School 3/Swim skills 1A <i>For children aged 3+ who are fully water confident and swimming on front and back without support.</i>	Mondays 1400-1430 Tuesdays 1400-1430 Thursdays 1300-1330
Swim Skills 1A For children aged 5+ who are gaining water confidence and developing their strokes over 5 metres in the shallow end	Mondays 1615-1645 Tuesdays 1600-1630 Wednesdays 1530-1600 Wednesdays 1630-1700
Swim Skills 1B For children aged 5+ who can swim widths of the shallow end and are ready for deeper water	Mondays 1545-1615 Tuesdays 1530-1600 Wednesdays 1600-1630 Thursdays 1530-1600
Swim Skills 2 For children aged 5+ who are developing their strokes over one length of the pool	Mondays 1615-1645 Tuesdays 1530-1600 Wednesdays 1600-1630
Swim Skills 3 For children aged 5+ who are developing their strokes over two lengths of the pool	Tuesdays 1600-1630 Wednesdays 1630-1700 Thursdays 1530-1600
Swim Skills 4 For children aged 5+ who are developing their strokes over three lengths of the pool	Mondays 1645-1715 Thursdays 1600-1630
Club Ready Coaching For children who have completed the four Swim Skills levels and are moving on to competitive coaching.	Mondays 1715-1800
Advanced Coaching Additional training sessions for our competitive swimmers	Mondays 1800-1900 (every 2 nd week starting 9/11/26) Wednesdays 1700-1800 (starting 4/11/26)
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

