

Adult Learn to Swim and Swim Fit

We follow the Swim England Adult Swimming Framework, which is about improving confidence, competence and technique with no upper age limit, minimum age is 18 years. There are four progressive stages to work through; Be Water Confident, Be a Swimmer, Be a Better Swimmer, Be a Master Swimmer.

We run classes for non-swimmers, through to beginners and improvers, as well as our Swim Fit sessions for the more experienced swimmer. Our instructors provide quality teaching for those who wish to learn how to swim to become safer and more confident in the water, through to those who wish to improve their technique and endurance in the water.

All of our sessions focus on learning in a relaxed atmosphere, building fitness in a structured and progressive way. Adaptations are made for each swimmer to ensure all levels gain the maximum fitness benefits from each class.

Minimum age	18				
Class size	Maximum 12 per class				
Lesson length	45 minutes				
Session days, times and location	Class	Day	Start time	End time	Location
	Beginners	Tuesday	18.00	19.45	East Hill
	Improvers	Tuesday	18.00	19.45	East Hill
	Swim Fit	Tuesday	19.00	19.45	East Hill