

Our new swim packs



We've made some changes to the way we manage our swim classes so it's even easier for you to start or progress in your swimming journey with us. We have a range of different swim lessons available for both adults and children. Browse our selection of packages below and find your perfect fit.

Swim offerings to suit everyone

Lesson type	Session duration	Pack sizes	Discounts
Group Our popular Learn to Swim offering is best suited to those who would like to progress through our structured programme led by our experienced and friendly instructors.	30 minutes	12 sessions	Group lessons are our best value for money per session*
Crash course Our crash courses run over several consecutive days (usually during school holidays) to help quickly build water confidence and improve technique in a fun, friendly and supportive group environment.	30 minutes		
1-to-1 A great option for adults or children who want dedicated one-to-one coaching. Or if you want to build water confidence before joining group sessions.	30 minutes	4, 8 or 12 sessions	Our larger packs offer the best value for money per session*
2-to-1 Learn to swim, brush up on your skills and build confidence in the water with a friend or family member and save 25% each. Available for both adults and children.	30 minutes	4, 8 or 12 sessions	Our larger packs offer the best value for money per session* Save 25% per person versus 1-to-1

Want to dip your toe in? We offer 30 minute group taster sessions too. Ask at reception for more information.

Ways to pay

Online	In centre
Via CoursePro	Cash or card
You can see updates on your child's progress and top-up and view your credit balance in CoursePro.	Pay in centre at your convenience with cash or card.

*See reverse for full price lists.

To find out more ask for the Swim Manager at reception, scan the QR code or visit nuffieldhealth.com/swim

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As of 6 June, our swim prices are changing so we can continue to offer the highest quality service. Please find our new pack offerings and prices outlined below.

Member price list:

	4 pack		8 pack		12 pack			
	Price	Per session	Price	Per session	Price	Per session	Price	Per session
Group 30 mins								
Crash course 30 mins								
1-to-1 30 mins								
2-to-1 30 mins								

Non-member price list – subject to availability

	4 pack		8 pack		12 pack			
	Price	Per session	Price	Per session	Price	Per session	Price	Per session
Group 30 mins								
Crash course 30 mins								
1-to-1 30 mins								
2-to-1 30 mins								

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