

Useful information about our swim program

Course dates: 50 week swimming program with break over Christmas holidays.

Bookings:

Online via Home Portal for existing children

At reception in person for new joiners

For movements (days, levels), assessments and trial lesson enquire at reception or contact katarina.duplessis@nuffieldhealth.com

CHILD Group lessons

MEMBER PRICE:

1 trial lesson = £10

12 lessons course pack = £114

NON MEMBER PRICE:

1 trial lesson = £12.25

12 lessons course pack £141

ADULT / CHILD Private Lessons packs

Members

4 pack 121 = £113

4 pack 221 = £170

8 pack 121 = £216

8 pack 221 = £324

12 pack 121 = £306

12 pack 221 = £462

Non members

4 pack 121 = £140

4 pack 221 = £212

8 pack 121 = £270

8 pack 221 = £404

12 pack 121 = £384

12 pack 221 = £576

Holiday 121/221 Crash courses

Private crash course all levels of swim (open to all)

4 days course = £ 113(121) members or £140 (121) non member

£170 (221) members or £212 (221) non-member

Our Swimming Program

Adult and baby (4 – 11 months)

An introduction for you and your baby to swim. It will give both of you confidence in the water. Learn through playing with toys and music. Adult must enter in the pool.

Adult and child (1 – 2 years)

A progression from Parent & Baby lesson, making your toddler more independent in the water and giving you some ideas of how to develop happy swimmers. Adult must enter in the pool.

Adult and child (2 – 3 years)

For those toddlers who are water confident. Working towards swimming independently from an adult and ready to join our Pre-school classes when they turn 3 years old. Adult must enter in the pool.

Duckling 1/2

First formal classes with an instructor. A non swimmer course for children who are new to swimming lessons or moving up from Discovery Duckling class. First classes without parent/adult accompanying the child in a water. Emphasis on water confidence, learning through play, working toward structured swimming skills.

Duckling 3/4

Follow up on Duckling ½ class and skills learned. For children which aim to achieve swimming short distances with the use of buoyancy aids without teachers help plus other swimming skills.

STAGE 1

Class for non swimmers, children who had swimming lessons before or with swimming experience. Skills taught: basic swimming and floating skills, working towards swimming short distance without buoyancy aid . Buoyancy aids will be used.

STAGE 2

Beginner class, for children who can swim without buoyancy aid a little distance with confidence. Skills taught are swimming and floating without buoyancy aid, basic stroke technique on front and back.

STAGE 3

For children who can swim minimum of 5 meters on front and back, with good technique (kick, body position and arms out of the water for front crawl). Skills taught are backstroke, front crawl breathing, front crawl.

STAGE 4

For children who can swim minimum of 1 length front crawl and backstroke. Emphasis is on kicking technique of all four strokes, building stamina, and improving front crawl and backstroke technique.

STAGE 5

For children who can swim about 2-4 lengths, and can perform kicking technique of all four strokes. Skills taught treading water, sculling, etc.

STAGE 6

For children who can swim all four strokes to a higher standard and with a stamina of 4-6 lengths. Skills taught push offs, lifesaving skills.

STAGE 7

For children with good stamina in all four strokes.

JUNIOR & SENIOR SWIM SQUAD (Stage 8/9/10)

For children who completed all swimming stages in our program. Sessions are aimed on learning advanced stroke technique including starts, turns, finishes and building up stamina.

ADULT GROUP LESSONS – NON SWIMMER – Be water confident, BEGINNER – Be a swimmer, IMPROVER – Be a better swimmer

PRIVATE LESSON ADULTS/CHILDREN (121, 221)

Private lessons are available at any time during the year. This lesson is designed especially for you, respecting your own pace and needs, it's great to boost water confidence, improve strokes and techniques.