

MORE



We provide a high standard of swimming lessons to ensure we get the best from your child regardless of their age or ability.

Summary of the lesson stages

Rookie Lifeguard

RLSS' Rookie Lifeguard programme is a fun and exciting lifesaving awards scheme aimed at children 8+ years, teaching self-rescue, survival and lifesaving skills.

Diving, Rookie Lifesaving, Challenge Awards and Competitive Swimming

Stages 8-10

Swimmers are encouraged to take part in different aquatic disciplines that develop their fundamental skills, technique and stamina.

Swim England Stages 1-7

For kids aged 4-15 years. A unique pathway of skills and swimming techniques designed for non-swimmers through to improvers to develop strength and stamina in water. Ensures children progress at their own pace to achieve a high standard of swimming ability.



Private lessons

These are also available for those who need additional encouragement with 1-2-1 support from a qualified teacher.

Disability

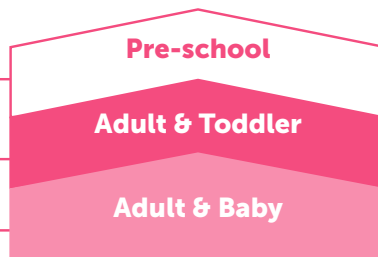
Swimming lessons for all types of SEND. The Swim England Water Skills Awards support intensive activity programmes and reward your child for successfully developing eight out of 10 skills across six grading levels, or six out of eight skills if your child has a disability.

Under 5's

From 3 years

From their first steps/walking

Babies from birth with approval from health visitor



The swimmer's 'journey through aquatics' starts with Swim England's Discovery Ducklings programme for developing water confidence in early years, encouraged through sessions such as **adult and child** and **pre-school sessions**.