



Adult Swimming Lessons

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LEARN TO SWIM



It's never too late to learn how to swim

It's never too late to learn to swim

Whether you're a complete beginner, would like to improve your swimming, develop your swimming for fitness, stroke technique or competition training, we are here to help you every length of the way.

Our adult swimming lessons follow the Swim England swim programme, which has four stages starting from complete beginners and leads on to adult distance awards.

- Be water confident
- Be a swimmer
- Be a better swimmer
- Be a masters swimmer
- 10% off all swim products when you buy online



With our help, learning to swim is easier than you think. And you'll benefit in so many ways: keeping fit, being able to swim with children/grandchildren, or just learning a really useful new life skill.

For full details of all our swimming lessons visit our swimming lesson page on our website.



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