

# Swimming Lessons

**Our swimming development programme is designed for children of all ages and abilities from complete beginners to advanced. Courses run for 10 weeks and each lesson lasts for 30 minutes.**

**For information on dates, times and availability please speak to reception.**

**Parent and Toddler** - from four months

**£40.00 per course**

This instructed class shows parents/guardians how to get their child confident in the water and is for children from four months to three years.

**Pre-school** - three to five years

**£42.50 per course**

For children aged three years plus, no need for the parent/guardian to go into the pool as the instructor gets in with the children.

**Beginners**

**£42.50 per course**

Children must be in full time education or five years plus, the instructor gets in the pool with the children and they learn to float in the water and work towards swimming without aids five metres on both front and back.

**High Beginners**

**£42.50 per course**

Gaining confidence in the water and aiming to swim ten metres in the three main strokes.



### **Intermediate**

**£42.50 per course**

Pupils move to the main pool for this class and will learn to dive and sculling. They will learn to swim ten metres competently in all three strokes showing basic technique with regular breathing.

### **High Intermediate**

**£42.50 per course**

The butterfly is introduced at this stage and stamina should be improving in all strokes. They will also learn how to somersault, complete handstands and tuck entry in the water.

### **Advanced**

**£42.50 per course**

Children will gain confidence to swim further up to 150 metres whilst changing strokes and performing appropriate turn. They will learn how to plunge dive, tread water whilst passing a ball, swim through hoops and torpedo skull on their backs.

Once your child has completed the Dolphin Centre swim programme they can move on to the Bromsgrove Swimming Club please see reception for more information and contact numbers.



**Bromsgrove**  
District Council  
[www.bromsgrove.gov.uk](http://www.bromsgrove.gov.uk)



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