

How to book

1. Click on book swimming lessons (this will direct to you to our swimming lesson management system, [CoursePro](#))
2. Select Book class
3. Select centre and swimming
4. Select show centres
5. Filter to weekly lessons
6. Filter to the correct level class (If you are unsure of which class you need to book, please see below.)
7. Choose the suitable course, your day and time
8. Select book this course
9. Click checkout to register

What level class do I need to book?

For pre-school children aged 1-4 years:

Little Splashers is designed for parents & children's first experiences in the water together to experience movement, floating and water confidence activities. Parents will be taught how to be the support for their children. As children gain confidence, they will progress to our Swim tots lessons.

[Book Here!](#)

Swim Tots lessons are designed for parents and confident children who have experience of either Baby Splash/Toddler Splash or Little Splashers. Children should be happy in the water and be working towards underwater activities, becoming more independent and following teacher instructions. [Book Here!](#)

For children 4 years and over we offer our junior swimming lessons from Badge 1-Badge 4.

Badge 1 Beginners - The parent/guardian is in the water with the child. This class will work on ensuring children are happy and confident and can follow the teacher's instructions in a class setting. [Book Here!](#)

Badge 1 Level 1 – Children should be comfortable in the water wearing swimming aids without you and able to float and regain standing without assistance. Within level 1 children will gain underwater experience, float without support and swim 5 metres back unaided, rotate and gain deep water experience. [Book Here!](#)

Badge 1 Level 2 –Children should be able to float front and back, be happy underwater, swim 5m unaided with correct body position and good alternating leg kick. This badge will work on improving technique, working to 5m streamlined kick on front, 10m streamlined kick on backs, rotations and develop deep water confidence. [Book Here!](#)

Improvers

If you are unsure which level, you should book, or your child is able to do the following without your support and without aids please [book a swimming assessment](#) by filling in this form to determine the correct level class for your child.

- Swim 10 metres on front and back
- Swim with their face in on their front

- Rotate from front to back and back to front without standing
- Comfortable in deep water without your support or aids

If over 16 years of age, please see our Adult Beginner or Adult Improver lessons.