



Swimming Activities

Private Lessons

30 minute private 1:1 or 1:2 lessons, tailored to the swimmers needs.

1:2 lessons, both swimmers must be at the same ability level.

Ability: Swimmers of all ages and skill levels, from beginners to advanced.

£24
or £37

Ask for details

Non-Swim / Otters Level 1 Crash Course

23rd - 25th July 09:00 or 09:30 | 28th-30th July: 09:00 or 09:30

11th - 13th August 08:30 | 20th - 22nd August 08:30 or 09:00

3-day course to support water confidence and basic aquatic travel for non-swimmers and those who are learning to float or travel up to 10m unaided.

Ability: Otters Level 1 or 4+ years.

£27

Beginner / Otters Level 2-3 Crash Course

23rd-25th July: 10.30 | 28th-30th July: 10.30

11th-13th August: 09.00 | 20th-22nd August: 10.00

26th - 28th August 15:15

3-day course designed for those developing travel into more recognisable strokes, practising front crawl, backstroke and breaststroke.

Ability: Swimmers must be 4+ years and able to swim 10m unaided. (Or Otters Level 2/3)

£36

Start & Turns Workshop

1st August: 14.15 | 22nd August 11:00



Focusing on development of turns such as tumble turns and refining entry for diving, emphasis on streamlining and developing towards starts off blocks if/when appropriate for ability.

Ability: Otters Level 5+

£15

Junior Mini Polo

30th July: 13.00 | 26th August 10:00

Designed for beginners to learn basic rules of how to play water polo.

Ability: In shallow water for swimmers 7-13 years, swimmers must be able to comfortably swim 10m on fronts.

£15

Next Steps Mini Polo

27th August: 13.00

Designed to introduce swimmers to water polo rules through fun drills and mini games.

Ability: Otters Level 5+: For ages 7-13 in 1.28m depth. Swimmers must swim 25m on their front without standing.

£15

Breaststroke Workshop

25th July: 10.45 | 31st July: 09.00

16th August: 10.00 | 23rd August: 10.00

Development of breaststroke, using kicking, pull and timing practises to improve overall stroke.

Ability: Otters Level 3-6

£15

"My daughter absolutely loved her crash course swimming lessons, they are planned really well with creative ideas. She has grown in confidence and now really looks forward to her termly lessons!"

Swimming Activities

NEW CLASS: Otter Pup, Level 1, 2 & 3 Booster Lessons

Please call for specific dates and times.

Perfect for nervous swimmers, beginners, or Otter Pups looking to improve! Build water confidence, independence, and key skills.

Book 1, 2, or 3 sessions. This class counts towards your Otters Home Portal progress!

£9

Per lesson

Front Crawl Workshop

25th July: 13.30 | 1st August: 10.00

4th August: 14.00 | 23rd August: 09.00

28th August: 10.45

Focusing on development of front crawl, using kicking, pull and timing practises to improve overall stroke.

Ability: Otters Level 3-6



£15

Junior Snorkelling

25th July 10:00 | 1st August: 11.00 | 4th August: 10.00

22nd August: 10.00 | 28th August: 10.00

Focusing on becoming accustomed to snorkel masks, how to fit them and best techniques for use of mouthpiece to enable underwater activity in a shallow depth pool.

Ability: Swimmers must be 4+ years and able to swim a minimum of 5m with their face in the water.

£12

Snorkelling Workshop

1st August: 13.15

Focusing on use of a snorkel mask, fitting and practises underwater, including use of fins in a mid-depth pool.

Ability: Otters Level 5+. Swimmers must be able to swim 25m on fronts.



£15

Butterfly Workshop

4th August: 15.00 | 16th August: 09.00

Focusing on development of butterfly, using kicking, pull and timing practises to improve overall stroke.

Ability: Otters Level 4+

£15

Term Time Adult Swimming Lessons

Looking to build confidence in the water or improve your technique? Our adult swimming lessons are the perfect opportunity to learn and refine your skills in a supportive environment.

Beginners: Learn the basics and gain confidence in the water.

Improvers & intermediate: Develop technique and endurance with expert coaching.



To book, please visit or call the Reception desk (01832 277208).
Payment must be made at the time of booking to secure your place!