

The Staff: Experienced, qualified and professional staff teach to a high standard at the Swim School and all our staff are Amateur Swimming Association qualified:

Scheme of lessons: The scheme ensures progression from beginners through to advanced techniques for both boys and girls, working towards National Swim Awards under the ASA regulations.

Beginners: A course of instruction for the non-swimmer - the objectives being water confidence and an introduction to basic strokes, and to teach the children to swim up to 5m on both their front and back, and also National Swim Awards levels 1 and 2.

Early Intermediates: Development of all four strokes and confidence in deeper water. Also working towards their 10m on both their front and back, and National Swim Awards levels 3 and 4.

Intermediates: Further development of all four strokes in deep water and basic water skills, working towards 25m on both front and back and National Swim Award levels 5 and 6.

Early lengths: Development of style, stamina and deep-water confidence, working towards 200m, Personal Survival level 1 and National Swim Award levels 7 and 8.

Advanced lengths: Development of technique and stamina to a very high level. Working towards 1500m and Personal Survival level 2. We will run lanes in this group for swimmers of club level if there is the demand.

We will do everything to accommodate people at the time requested and try to offer an alternative time if class size necessitates this. Lessons will be filled on a first come first served basis. Please enclose cash or cheque for £25 per child and £35 for lengths classes, made payable to 'Moira House Girls School'. You will be contacted as soon as you have been allocated a place. If you have any further queries, please contact:

**Claire Bryant
Pool Manager
Moira House Girls School
Upper Carlisle Road
Eastbourne
BN20 7TE
01323 636806**

REMINDER

Please make sure everyone removes their outer shoes before going into the shower areas.

REMINDER

**No photos allowed while lessons are taking place.
No food or drink allowed on poolside.**