



EVERYONE

LOVES TO LEARN A LIFE SKILL

AWARD-WINNING SWIM LESSONS FROM THE UK'S LEADING PROVIDER

Dear Parent/Guardian,

Our Swim Lessons provide an ideal environment for your child to first gain water confidence, and subsequently develop excellent swimming technique within a structured programme.

**BOOK YOUR CHILD'S
PLACE TODAY!**

- There's a wide range of classes available, running six days a week
- Lessons operate 50 weeks a year, ensuring continuous progression
- Ongoing assessment by our qualified teachers means that students can develop at their own pace
- All teachers will undertake regular Swim England training, to ensure the most up-to-date teaching practices are delivered
- We adhere to the Swim England Learn to Swim Framework with badges and certificates to collect
- Our Swim Lessons are great for both adults and children
- Pay by monthly direct debit and spread the cost of your lessons across the year
- All children (excluding adult & child) will be issued with a latex swimming hat. These are colour-coded to the relevant groups and are to be worn, not only for hygiene purposes, but also to enable teachers and lifeguards to quickly recognise swimming ability and into which group students belong.

We'd like to invite our current swim parents to complete an 'Update Your Details' card at reception to help us stay in touch and keep emergency contact details up to date! Up to date details are also essential when using our Aqua Passport online system.



SWIMMING NATURE

For over 24 years, Swimming Nature has delivered personally tailored, in-water tuition to adults, children and babies across the UK. Having been founded as a result of Director Eduardo Ferré's delivery of a pioneering approach to swimming lessons during the early 1990s in Kensington, today Swimming Nature has grown to become a team of talented professional swimming specialists, who all adopt this unique style of tuition.

But what makes Swimming Nature so distinctive?

- In part, it's the philosophy which underlines the way in which the company operates. At Swimming Nature, the premise that being at one with water is a natural part of our existence, is key
- In order to encourage safety where water is concerned, a lifelong relationship with aquatic activities must be established from a young age. Swimming Nature also believes that every student should learn to swim effortlessly, and beautifully. This is achieved by primarily helping children to discover the fundamental properties of water, before they are taught any technique
- By dedicating the first of seven levels of the programme to learning how the body's movement is affected by water, as well as making sure that shallow water confidence is developed, children can begin to feel as though swimming is second nature

- Once these basic skills are acquired, kids can then progress to working on achieving flawless proficiency in four strokes, which consists of front crawl, backstroke, breaststroke and butterfly
- Despite the critical essence which underscores the lessons, the sessions are nothing short of exciting and fun! Through utilising motivational material, such as a progression book with its accompanying bubble stickers, parents can be assured that their child will be captivated and entertained by the tuition they receive
- Children of three years and above can start lessons with Swimming Nature

Swimming Nature's lessons for children are running at five of Everyone Active's centres, which includes:

- Queen Mother Sports Centre
- Marshall Street Leisure Centre
- Porchester Centre
- Moberly Sports Centre
- Seymour Sports Centre

To enquire about having lessons with Swimming Nature, contact them now on 0344 504 0506