**Sports Club**

**Swimming**

**Intensive Swimming Lessons**
Our intensive swimming lessons take place during the school holidays. Children's sessions take place between 9am and 11.30am. Adult lessons run from 8.30am to 9am. Courses are open to all and are filled on a first come, first served basis. Lessons are 30 minutes long, at a cost of £50 for a 5-day course.

Class sizes are small (5 - 6 pupils per teacher) to ensure plenty of individual tuition for each swimmer. Teachers will accompany non-swimmers in the water and aim to provide an environment which is fun, warm, friendly and enjoyable. Parents are welcome to watch their children swim from our first-class spectator area which overlooks the pool.

Please click [here](#) before booking to determine your child's swimming level, and use the links below to book.

<table>
<thead>
<tr>
<th>Adults 8.30am – 9am</th>
<th>Non-Swimmer 9am – 9.30am</th>
<th>Non-Swimmer 9.35am – 10.05am</th>
<th>Non-Swimmer 10.10am – 10.40am</th>
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<td>w/c 25th October</td>
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<th>Beginner 9am – 9.30am</th>
<th>Beginner 9.35am – 10.05am</th>
<th>Beginner 10.10am – 10.40am</th>
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<tr>
<th>Improver 9am – 9.30am</th>
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<th>Advanced 10.50am – 11.20am</th>
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Intensive Swimming lessons

Parent information - please read carefully to determine what type of swimmer your child is and what lessons are required.

Can your child:

- Swim at least 1/2 a width with no aids?
- Use recognised strokes?
- Fully submerge confidently?

Non Swimmers

Can your child:

- Swim a whole width in deep water with no aids?
- Use all four swimming strokes with good streamlining and control?

Beginners

Can your child:

- Swim lengths using any of the three strokes in an effective style?
- Can they swim butterfly over at least 10m?

Improvers

Can your child:

- Swim lengths effectively in all four strokes?
- Use a pace clock and follow lane discipline?
- Do they feel comfortable with a wider range of aquatic discipline?

Contact Trinity Sports Club:

Tel: 0208 662 5197
Email: 5517@trinity.croydon.sch.uk

Yes

Advanced