INFORMATION SHEET – ADULT LESSONS

Learn to Swim programme: A year round learn to swim program run for adults aged 18 years upwards.

Swimming facility: Lyng Hall School on Blackberry Lane, Wyken, CV2 3JS.

Days of the week: Thursday & Friday nights

Emphasis: Teaching adults from beginners to improvers the skills and fun involved in swimming. The School follows the ASA (National Sporting Governing Body) Learn to Swim Framework for swimming at all levels and has an exit route into the Masters Section at City of Coventry Swimming Club if desired.

Minimum Age: Currently 18years old but if a 16/17 year old wishes to join this can be arranged.

Lessons: 1 hour with contact with the Swim Teacher before and afterwards for any queries.

Teaching staff: All Teaching Staff are ASA Qualified Level Teachers, have RLSS lifeguarding qualifications and have all been DBS checked and verified.

Days & Times:

Friday evenings
5.00-6.00pm (Mixed sex group)
6.00-7.00pm (Ladies only group)
These classes are for total beginners/nervous adults through to people who wish to become competent in the water and the early development of swimming strokes.

Thursday evenings 7.30-8.30pm. This class is a progression from the Friday classes and will help to develop swim strokes and general fitness & swimming skills to the next level and can link into the Club Masters sessions when ready.

Cost: £40.00 per 10 week course (all inclusive) or £4.50 pay as you go. This can be paid by either cash or cheque which is made payable to 'Coventry Swim School'. Any lesson cancelled by Coventry Swim School will be credited to the next course, any lesson missed by a swimmer but lesson still runs there will be no credit/refund awarded.

If you would like to attend either of these sessions or would like some general information regarding the Swim School and what we offer then please feel free to contact Jo Deakins at joanne.deakins@coventry-swimming.org.uk
Or
Sheryl Clayton (Swimming Teacher for the Friday classes) on shez85@btopenworld.com