

Aztec Swimming Lessons Information

Our swimming coach, **Mark Dobson**, is highly qualified and very experienced to teach any age, from 3 years old with no swimming ability in armbands, to club standard swimmers who want some work on technique/fitness. Even if you're in your 60's or over and have never learnt to swim or have a fear of the water then these one to one lessons are perfect.

The lessons will mainly be on a one to one basis, the exception is when there are two children of the same age and ability.

Because the lessons are one to one the pupils learn very fast. They are perfect if you are uncomfortable in a group environment or for anyone struggling with concentration.

For non-swimmers the lessons will take place in the Mediterranean pool. For improvers/confident swimmers they will be in the Aztec pool where we can go through length swimming.

The lessons are half an hour slots and are run once a week for 5 weeks, back to back. The day and time will be your choice when you enrol depending on availability. You can re-enrol as many times as you wish.

For re-enrolment contact reception on week 3 to guarantee your place for the next terms course.

There will be an induction on the first lesson to find out what the pupil can do at present and what they specifically want to learn as well as any medical conditions the coach might need to know through the course of the next 5 weeks.

You can ask for specific training e.g. tumble turns, triathlon training, treading water etc, or we can go through the 'National Plan', which is the national curriculum for swimming lessons.

This includes an award scheme from children in armbands up to club standard swimmers at all stages.

When you pass through the different stages in the National Plan you have the option to purchase certificates and badges from reception signed by the coach.

Prices: £70 for a 5 week block of lessons (half hour each)
£15 for one half hour lesson

For more information please call the Aztec Reception:

01803 400190

www.tlh4locals.co.uk