

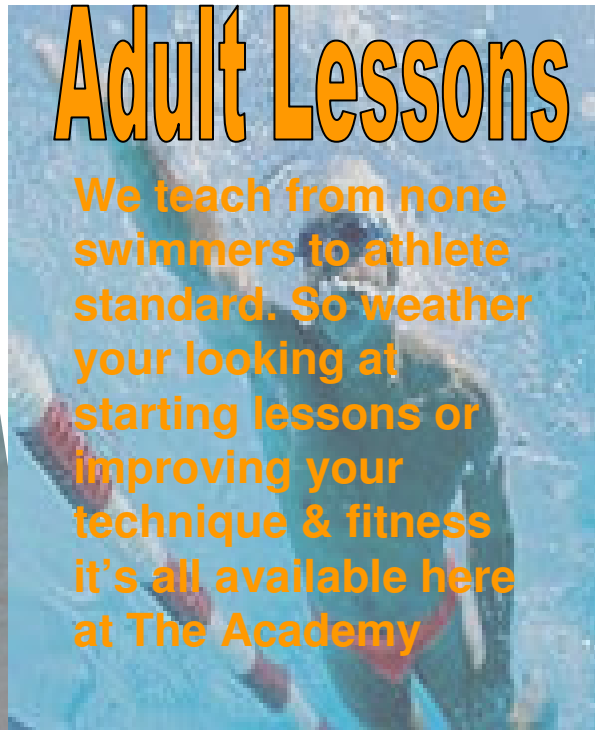
Why Have Private Lessons???

Triathlons



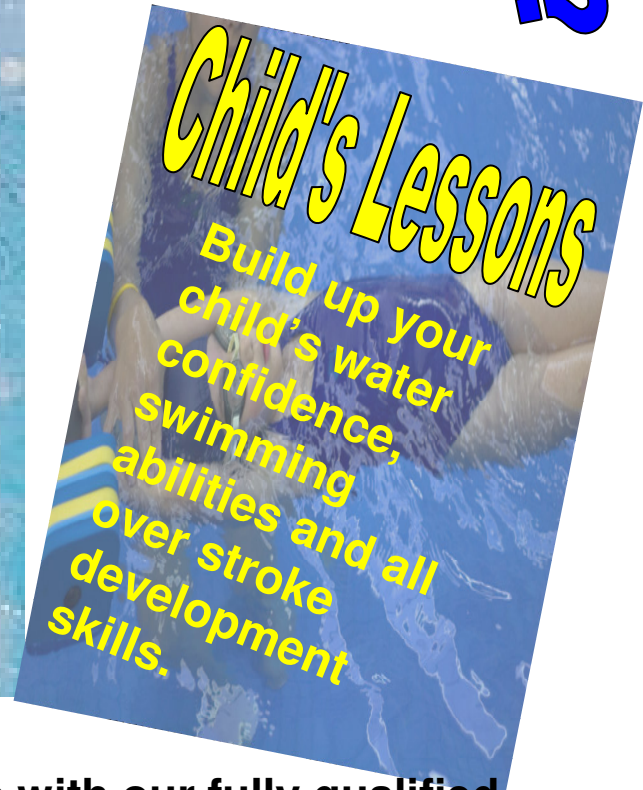
Athletically develop strokes
Well structured fitness programs
Nutrition advice
In and out of water practices

Adult Lessons



We teach from none swimmers to athlete standard. So whether your looking at starting lessons or improving your technique & fitness it's all available here at The Academy

Child's Lessons



Build up your child's water confidence, swimming abilities and all over stroke development skills.

All lessons are either one to one or two to one with our fully qualified swimming teachers. To get yourself started please contact the Swimming Coordinator Dale Buck on:

T:01423 524052 Ext.136 E: swim@theacademy.co.uk