

Janet King and Caroline Shanley Swim School at Bedales School



Parent and Baby Classes

Introducing children to water at a young age to prevent the fear of water developing later. Helps improve balance and coordination and time for parent and baby bonding.

Small Group Lessons

Group lessons are tailored to cater for all ages and abilities from pre-school onwards.

Lessons are carefully planned to get the most out of each 30minute session.

Rookie Lifeguard

RLSS Rookie Lifeguard teaches children the skills they need to be confident in the water and give them vital lifesaving skills in a fun way. Bronze, Silver and Gold awards.

Diving

FlipnFun diving from the side of the pool and using blocks to improve the children's confidence.

Lessons, Wednesday	4.00pm to 7.00pm
Saturday	11.30am to 1.30pm

For further details contact Janet or Caroline
07970442247, 07515342938 or
janetandcarolineswimschool@gmail.com

