

SWIMMING AT ARDINGLY



ARDINGLY SWIM SCHOOL



Swimming lessons at weekends, Wednesday mornings and Thursday evenings.

Parent & Child, Learn to Swim, Improvers and Adult Fitness.

Small groups or Private Lessons available.

CRASH COURSES



Holiday half-hour slots with Level 2 teachers in small groups.

Suitable for Parent & Child up to Stage 8.

DEVELOPMENT CENTRE



Training for squad or club swimmers (aged 9+).

Available twice a week term time and up to 5 sessions a week in holidays.

An opportunity to swim with Ardingly College coaches and work on technique, skills and endurance.