



Royal Russell Swim School

We offer lessons for beginners to advanced swimmers from 4 years old to adults. We start beginners in our small pool 0.7meter pool and progress to widths and lengths in the main 25meter pool. Lessons are 30 minutes in duration, once per week term-time only (unless specified) Our adult beginners start in the shallow end of the 25meter pool at a 0.9meter depth. Please contact swimschool@royalrussell.co.uk

Childrens Swimming

Wednesday	4.10pm - 5.20pm	All learn to Swim Levels from Purple – Lengths
Saturday	7.55am - 12.00pm	All learn to Swim Levels from Purple – Lengths

Lessons are booked in 12-week blocks for each term at the total cost of £138.00 per swimmer. Your child will swim on either a Wednesday or a Saturday at the same time each week. We utilise the grades of the Swim England Learn to Swim stages but have the criteria in our own Royal Russell format. If you are looking at enrolling your child into our Swim School, please view the descriptors for our groups below and let us know which colour group would be most suitable to your child's current ability.

Swim School Group Descriptors

- **Purple** - Aged 4+, complete beginner and not water confident.
- **Green** – Developing kicking and arm action in front crawl and backstroke. Can submerge underwater and able to float on front and back without aids.
- **Red** – Improving swimmer able to swim a minimum of 5m on front with face submerged and kick on back across the width of the pool. Swimmer is becoming confident in deeper water.
- **Pink** – Improving swimmer able to swim the width of the pool on front and back using good kicking and arm technique and breathing to the side. Is confident in deep water.
- **Blue** - Improving swimmer able to swim a minimum of 15m on front/back with good all-round technique. Is able to swim breaststroke with efficient kick.
- **White** - Swimmer who is competent on front, back and breaststroke and has an understanding of butterfly stroke. Is able to swim 20m

We give our current swimmers on the programme priority on places and then allocate the remaining to children on the waitlist. We aim to start offering places to new swimmers by the last week of each term.

Parent with Child & Pre-school Swimming Lessons

Sessions are available 2pm Friday

Swimming Lessons for Adults

Lessons are £14.50 per a session payable in full at the start of each term. Please Park at the visitors car park and follow the main school drive over the roundabout and down the hill to the pool. We are housed in the large green building. Over shoes must be worn or shoes removed in locker rooms.

Saturday	12.15pm - 12.45pm	Adult Beginner
	12.45pm - 1.15pm	Adult Improver
	12.45pm - 1.15pm	Adult Performance
Thursday (Spring 24)	5.30pm- 6.00pm	Adult Beginner
	6.00pm - 6.30pm	Adult Beginner
	6.30pm - 7.00 pm	Adult Beginner