

SHORELINE LESSONS:

- **KIDS LESSONS** (Saturday 10am, 10.50am, 11.40am, 12.30pm, 1.20pm) – €90, 8 week term, 40 min per lesson, age: 3-11
 - ✚ Group 1 (New Beginners) – class for 3 year olds
 - ✚ Group 2 (Beginners) – class for 4&5 year olds, who can not swim
 - ✚ Group 3 – children have to be able to stand in the shallow end, confident in the water, **NO! armbands**
 - ✚ Group 4 – as above plus children should be able to swim on front and back with support (not armbands)
 - ✚ Group 5 – class for kids who can swim without any support on front and back one width of the pool
 - ✚ Group 6 – deep end class, children have to be able to tread water and swim Front Crawl, Back Crawl, Breast Stroke
 - ✚ Group 7 – deep end class, able to tread water and swim Front Crawl, Back Crawl & Breast Stroke with good technique, confident in the deep end, can dive

- **KIDS LESSONS** (Mon, Tue, Wed, Thurs 3.40pm, 4.20pm) – €90, 8 week term, 40 min per lesson, age: 4-11
 - ✚ Group 1 (Beginners) – class for 4&5 year olds, who can not swim
 - ✚ Group 2 – children have to be able to stand in the shallow end, confident in the water, **NO! armbands**
 - ✚ Group 3 – class for kids who can swim without any support on front and back one width of the pool
 - ✚ Group 4 – deep end class, able to tread water and swim Front Crawl, Back Crawl & Breast Stroke with good technique, confident in the deep end, can dive
 - ✚ Group 5 – swimming in the lanes with very good technique three strokes, getting ready for a proper lane training

- **ADULT LESSONS** (Tue 8pm) – €110, 8 week term, 40 min per lesson.
 - ✚ Group 1 (New Beginners) – class for adults who are not confident in the water, never had lessons before, adults who can't swim
 - ✚ Group 2 (Beginners) – adults in group 2 have to be confident in the water and be able to swim with support on front and back
 - ✚ Group 3 – need to be able to swim on front and back unaided, confident with breathing
 - ✚ Group 4 – deep end class, have to be able to tread water and be confident in the deep end, can swim Front Crawl, Back Crawl, Breast Stroke

- **CHILDREN & ADULT LANE TRAINING** age: 12-16 (Wed 7pm & Tue 7pm) – €70, 8 week term, 50 min session,
 - ✚ Group 1 (Beginners) – have to be able to swim Front Crawl, Back Crawl, Breast Stroke with good technique, can swim at least 20 lengths without stopping
 - ✚ Group 2 (Improvers) – have to be able to swim all strokes with very good technique, can swim at least 40 lengths without stopping
 - ✚ Group 3 (Advanced) – have to be able to do 60 lengths in 50 minutes

- **TEEN LESSONS** (Tue 7pm) – €90, 8 week term, 40 min per lesson, age 12-16
 - ✚ Group 1 (Beginners) – class for teenagers who are confident in the water, can swim with support i.e. board
 - ✚ Group 2 (Improvers) – class for teenagers who are confident in the deep end, can swim Front Crawl, Back Crawl, Breast Stroke
 - ✚ Group 3 (Advanced) – teenagers in this group must be able to swim three strokes (as above) with very good technique, know how to diving and can swim at least 5 lengths without stopping

- **ROOKIE LIFEGUARD** (Wed 3.40pm, Th 3.40pm, Sat 10:50am) – €95, 8 week term, 40 min per lesson, age 8-12
 - ✚ Bronze Stage - children able to swim confident 25m (length of the pool). Able to tread water 30 s., able to jump into the deep end, confident in the deep end (Th 3.40pm, Sat 10.50am)
 - ✚ Gold Stage-Silver Stage completed. Children able to swim confident 25m (length of the pool) very good Front Crawl, Back Crawl, Breast Stroke technique. Able to tread water, able to jump into the deep end, confident in the deep end (Wed 3.40pm)

Rookie Lifeguard is run by RLSS regulations. For more info check www.rlss.org.uk.