

Swimming lessons



Our swimming lessons are in line with the ASA National Plan for Teaching Swimming, a standard comprehensive integrated and progressive teaching programme based on technical and educational principles.

Fun and learning experience for all



Build confidence right from the start



Meets the recognised national swimming teaching standards for performance



Choose the course and stage to suit you



Swimming lessons

No matter what age or level we can develop swimming skills for any individual in any stroke.

Using games children can develop fundamental aquatic skills. Once they've achieved all the required outcomes, children can transfer to one of the sport-specific classes: competition swimming, synchronised swimming, water polo or rookie lifesaving.

The Isle of Wight Council's swimming lessons are in line with the Amateur Swimming Association's National Plan for Teaching Swimming.



Where

The Heights

Tel: 01983 405594

heights.leisure@iow.gov.uk

Medina Leisure Centre

Tel: 01983 523767

medina.leisure@iow.gov.uk

When

Phone to ask about availability of lessons for your age and ability. If there are no available spaces we'll place you on a waiting list and contact you as soon as a space becomes available.

Group swimming lessons are for ten weeks.

Pick up a leisure fees booklet for all activity prices.



The One Card gives unlimited access to selected sports and leisure activities, subject to availability, provided by the Isle of Wight Council. There are cards for adults, students and juniors. There is a monthly fee with flexible payment options.

Find out more at www.iwight.com/leisure

one1card
at the heart of fitness