


## Summary of our lesson stages



Developing basic safety awareness in a 'class' scenario, including movement and water confidence skills. Swimmers may use aids, e.g. floats etc.



**Ducklings Advanced**  
3 Years & Above

We also do additional sessions in the following:  
**Teen Swim, Rookie Lifeguard/NPLQ, Snorkelling, Crash Courses, Disability Sessions, 1-2-1's, Swim Clinics, Taster Sessions, Ratio Sessions and GP Referrals.**

