



Learn to swim

at Totton Health & Leisure

Adult & baby, Preschool & Early years
3 months - 11 yrs

FREE SWIMMING INCLUDED*
PLUS lots of other benefits!

*Fun Swim sessions are not included



Don't miss out!

Scan the QR code to enquire or book online:

[www.freedom-leisure.co.uk/centres/
totton-health-and-leisure/swimming-lessons](http://www.freedom-leisure.co.uk/centres/totton-health-and-leisure/swimming-lessons)



Learn to Swim
Programme

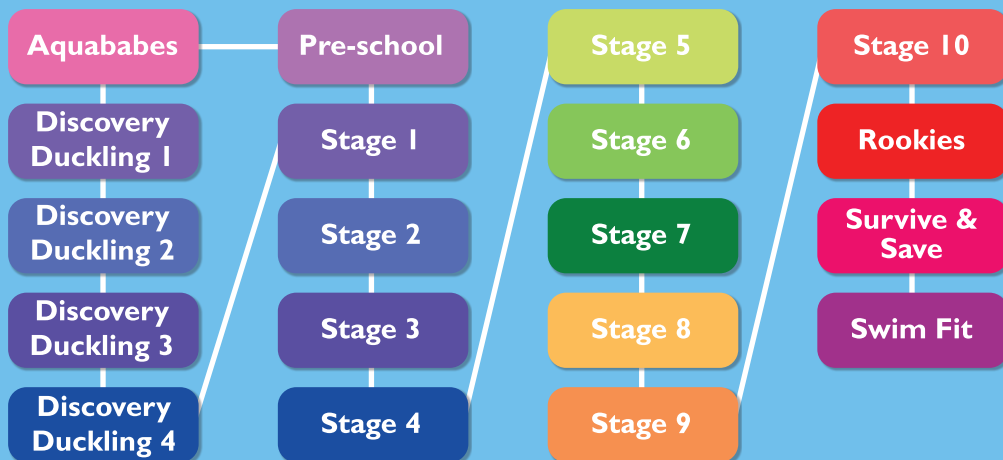


Our academy

Our well established swim academy runs six days per week and teaches over 4000 children and adults to swim across our five leisure centres. Our instructors follow the teaching syllabus as structured by Swim England. The Swim England Learn to Swim Programme is the leading national teaching syllabus for delivering safe, inclusive and effective swimming lessons for all ages.

Our stages

Our swimming stages are structured in a way to gradually improve your child's confidence in the water. The first 4 stages focus on confidence, safety and fun whilst stages 5 and above focus on stroke technique and development as well as fitness.



Payment options

Our memberships are flexible meaning you can choose to pay in way that suits you:

- Monthly Direct Debit
- Annual Direct Debit

Totton Health & Leisure
Water Lane, Totton, Southampton, SO40 3GX

023 8200 0299



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