

FLIPPERS

SWIM SCHOOL

Swimming
lessons at
Antrim Forum
for swimmers
aged 5
and over



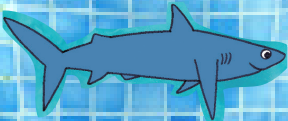
OCTOPUS Age 5+ (Commencing at Level 1)
For new swimmers



GOLDFISH (Commencing at Level 1)
Able to swim 5m front crawl and 5m backstroke without swim aids



ANGELFISH (Commencing at Level 1)
Able to swim 5m breaststroke, 15m front crawl and 15m backstroke and tread water without swim aids



SHARKS
For those swimmers who are strong in the front crawl, backstroke, breaststroke and treading water



SEALS SWIM CLUB
For advanced swimmers in the three recognised strokes



ROOKIE LIFESAVING (Min age 8-12)

SURVIVE AND SAVE (Min age 12)
Should be a strong swimmer using front crawl, breaststroke and lifesaver kick



NPLQ
National Pool Lifesaving Qualification for those interested working within the leisure industry

OTHER CLASSES

- ≈ ADULT BEGINNERS ≈ ADULT IMPROVERS
- ≈ TADPOLE CLUB (babies & up to age 4) Learn through fun, taken by a swimming instructor (no enrolment required)
- ≈ INTRODUCTORY SWIMMING Crash courses for children, offered during holiday periods (subject to demand).

For more information visit antrimandnewtownabbey.gov.uk

