

THE FITNESS CLUB

TULLAMORE COURT HOTEL

SWIM LESSONS DATES 2025

Course 1: January 14th - March 4th

Course 2: March 11th - April 29th

Course 3: May 6th - June 24th

SWIM INTENSIVE WEEKS JULY & AUGUST

Course 4: Sept 9th - October 28th

Course 5: November 4th - December 3rd
(5 Week Course)

Contact us for more details: **Call** (057) 93 46669

Email thefitnessclub@tullamorecourthotel.ie



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All grading and levels below have been set by the Fitness Club Tullamore. Children must be able to perform each task confidently before moving to the next level. Grading takes place on week 6 of the 8-week course.

BEGINNER

- **Beginner One:** This level is for complete beginners so the aim is to teach your child some confidence building exercises e.g. Bobbing up & down, blowing bubbles, & placing face in water.
- **Beginner Two:** This level is for children with a little confidence in the water. Aim is to increase ability in the water with use of kick board. E.g.: kicking legs, use of arms both on front & back.
- **Beginner Three:** This level is to progress your child away from using a kick board to be able to swim unassisted up to 5 metres on their front & back.

INTERMEDIATE

- **Intermediate One:** This level is to increase fitness & distance and work on stroke technique. Must be able to swim unassisted in this level distance up to 8 metres.
- **Intermediate Two:** This level is to develop correct technique and build child's stamina and increase distance up to 10 metres.
- **Intermediate Three:** This level is designed to build swim fitness and increase distance as technique should already be achieved in all strokes. Able to swim 15+ metres.

ADVANCED

- **Advanced One:** This level is working on ability to swim lengths continuously in order to build stamina. Able to swim 20 metres.
- **Advanced Two:** This level is to prepare children to be able to swim long distance and with speed. Able to swim 20+ metres.

Grades set out above are a guideline to ensure children are enrolled in the correct class at the start of each term. However, The Fitness Club Tullamore instructors have the final say where is the safest and most appropriate level for each child to swim.

SWIM LESSONS AVAILABLE:

- Private swim lessons • Small group pods

Available on request | Subject to availability | Contact Fitness Club reception or call 057 93 46669

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