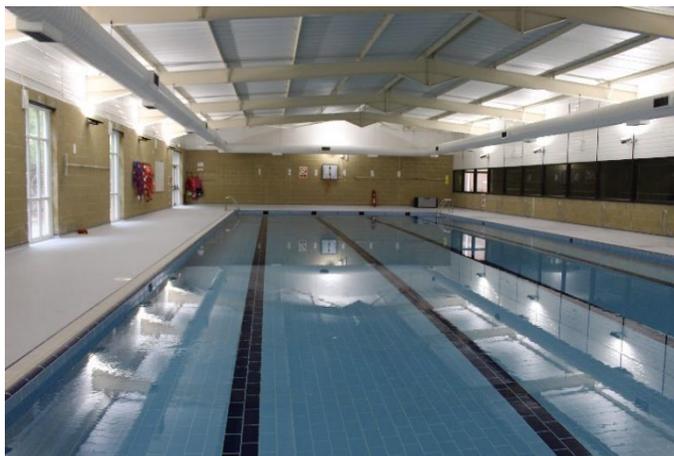


Holiday Courses

Holiday courses are run across for all abilities during holidays. Specific details of what is available during holiday times will be published on the website periodically.



Ability Groups

Stages 1+2: Learning to Swim

Stage 3+4: Ability to swim 5 metres on back, front and attempt breaststroke.

Stage 5 and above: Ability to swim 25 metres front crawl, backstroke and 25 metres breaststroke

Squad Training (Junior and Senior): Ability to swim 50 metres front crawl, backstroke and breaststroke and attempt 25 metres butterfly.

Booking

Our lessons get booked up quickly, but we also have a waiting list for those swimmers requiring specific classes and we try and accommodate all abilities.

Lesson costs:

30 minute lessons £12 each

45 minute lessons £15 each

60 minute squad training session £17.50

1-2-1 lesson - £25

2-2-1 lesson - £18.50

Adult lesson- £12

All the above are booked on a termly basis. When badges and certificates are achieved an additional charge will be made.

Contact details

To find out more, please email the swim school on

swimschool@stmichaels.kent.sch.uk.

We are very much looking forward to hearing from you.



St Michael's Prep School
The Joy & Wonder of Learning

St Michael's Swim School



2019-2022



Swim School

St Michael's Swim School is our popular and successful extra-curricular club, which has been running since the Trinity term of 2015. Run by our Swimming Manager, Nicky Denton, children receive tailored teaching to help them improve their water confidence, ability and technique in many different swimming disciplines. We also hope it will give them an enjoyment of swimming which they can take forward as a lifelong sport to help promote their own health and well-being in the future.

The Swim School offers a variety of classes to accommodate a wide range of swimmers' needs and interests from age 3 upwards. From following the ASA's 'Learn to Swim' programme, to intense squad training, there is a class suitable for every child.

All of our swimming teachers are fully ASA qualified, and bring a wealth of experience to St Michael's. With links to swim clubs, our Swim School provides a fantastic start to your child's swimming life and will guide and encourage all children to achieve their full swimming potential.

Group lessons

In a group lesson, teachers follow the ASA's 'Learn to Swim' programme: a national swimming qualification in which children progress through various stages focussing on the four basic swimming strokes.

4-8 children are grouped in ability classes which are fun, supportive and help to encourage some competition in order to inspire children to challenge themselves. Badges of recognition are awarded when a child achieves one of the ASA stages. Group lessons are available 5 days a week after school, throughout term-time.

Squad Training

We offer junior and senior squad training for the more competitive swimmers wishing to experience club swimming and improve and develop their technique. Training requires fins and kick board. Squad training offers starts and turns with competition rules and time trials. Learn to swim stages will also be completed during squad training for groups where this is applicable.



Private Lessons

If your child needs one-to-one or two-to-one support in the water, we can offer them private swimming lessons. These lessons cater for children who have specific learning or medical needs and need extra support and guidance in the water.



Adult swimming

These swimming sessions are available to St Michael's parents and incorporate triathletes, masters and those who simply wish to improve their general health and fitness and swim some lengths. It is a fantastic way to start the week! All abilities are welcome and sessions include drills, targets and individual length swimming.



Adult sessions take place on a Monday morning 8:30-9:30am.

St Michaels Swim School classes and squads run every day after school during term time from 3:35- 5:50pm. To find out more about timings and availability of classes please email swimschool@stmichaels.kent.sch.uk.

