Learning to swim well from an early age is a healthy activity that provides a number of skills and benefits, including increased safety and confidence in and around water, sporting enjoyment, competition and discipline. It's a core life skill that can be enjoyed at all stages of life.

There are many benefits of swimming lessons for you or your children. Regular swimming builds endurance, muscle strength and cardio-vascular fitness. It can serve as a cross-training element to your regular workouts, as swimming with increasing effort to gradually increase your heart rate and stimulate your muscle activity is easily accomplished in the water.

Individual & Duo swimming lessons

Our 30 minute individual & duo lessons cater for one or two students respectively. They are intended to focus on a specific requirement or area for improvement. Sessions are open to all ages and abilities and aim to speed up your swimming progress with an intensive personal focus. Anyone that is nervous or unsure in the water can benefit greatly from the closer individual attention and the pace of learning can be modified to suit.

Individual lessons cost £27.50 for members and £32.50 for non-members.
Duo lessons offer a more cost effective option of £40 for members and £50 for non-members.

Group swimming lessons

Group lessons are our most popular and cost-efficient way to learn to swim. We keep our class sizes small to accelerate learning, and all classes are delivered in a calm and relaxing environment without the typical noisy distractions found at most public pools. Children as young as 3 can attend group swimming and sessions last 30-45 minutes dependent on age group.

Group swimming lessons cost £100 per term for members and £142.50 for non-members).

Parent & toddler swimming lessons

The benefits of introducing swimming at an early age are enormous. Parent and toddler classes are regularly held for children aged between 6 months to 3 years old and can give improved water confidence, together with a close and trusting bond between parent and child. The emphasis is on the development of basic movement skills while giving an introduction to water and the swimming environment through fun and games.

Parent and toddler swimming lessons cost £100 per term for members and £142.50 for non-members.

For further enquiries please email:
swimming@kings.gg

Sophie is our fully-qualified, friendly swimming instructor. With more than 18 years experience, and specialising in individual and group lessons as well as Aqua Fit classes, Sophie is able to offer something for the absolute beginner right through to the competitive swimmer.

Having represented the island at international level on a number of occasions, Sophie hung up her competitive hat and goggles in 1998, when she transitioned into swim teaching.

She loves to see her clients improve, gaining water confidence and stroke technique. Passionate about swimming, she feels it's an essential skill to learn, especially in Guernsey which is surrounded by sea and beautiful beaches, where water sports are becoming even more popular.

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Aqua Fit
Cardio. Condition. Strengthen.

Suitable for adults of all ages and abilities, Aqua Fit classes make fitness fun!

- **Strengthen your heart and your lungs**
- **Tone and condition**
- **Improve endurance and stamina**

These low-impact classes are great for people of all fitness levels. Based on aerobics, but using water for resistance to tone and strengthen the muscles. The support of the water puts considerably less stress on your joints and muscles. Aqua Fit is perfect for weight loss and muscle toning if done on a regular basis.

Get in the pool, move to the music and burn those calories!

As well as teaching people who have never learned to swim, our lessons also help more able swimmers to improve their technique and stroke.

Whatever your age or ability, we can help you progress.

Building your confidence and ability in and around water will, in turn, open up a new world of possibilities to enable you to be more active.