ABC Swim School

easy steps to learning

Why choose ABC Swim School?

Experience leading programmes for all ages and skill levels.
Build confidence and master a lifelong skill that can save lives.
Unlock your full potential today!

Baby & Toddler Lessons



A fun activity with your child that builds a bond and a life skill. A fabulous way to introduce your child to swimming, and enable family swimming.

Saturday	4.20–4.50pm	30 min lesson
	4.50–5.20pm	30 min lesson
Sunday	1.20 – 1.50pm	30 min lesson

Children's Swimming Lessons

- We follow Stages 1-7 of the Swim England Learn to Swim Pathway
- Each swimmer is assessed to ensure they start at the right level
- We deliver the course using purposeful game-based activities
- All instructors teach in the pool for the early Stage Lessons
- After each Stage, we celebrate achievement with a personalised certificate and badge
- We have 2-3 teachers per class using SwimPix for the early Stage lessons to ensure maximum learning takes place

Wednesday		
Saturday	1.15 – 4.15pm	30 min lessons
Sunday	11.15 – 1.20pm	30 min lessons
		30 min lessons



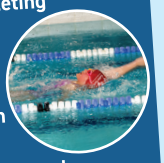


We pride ourselves on meeting the needs of the children in our small classes

Lessons are fun and progressive providing many opportunities as skills develop

Lane Lessons

- Start with a 30min lesson to build technique
- Progress to skills like starts and turns
- Suitable from Stage 6-7, completing the Learn to Swim programme
- Progress to Stages 8, 9, 10 in competitive swimming
- Join in the ABC Gala and swim a mile in an hour lesson
- Move on to an ABC Club or dedicated swimming club for further development



Wednesday	6.30–7.30pm	1hr lesson
	5.30 - 7.30pm	30min lessons
Saturday	4.30–5.30pm	1hr lesson
Sunday	1.20–1.50pm	30min lesson

1-1 Child Lessons

We pride ourselves on meeting the needs of your child in our 1-1 classes

We use SwimPix - a great tool for communication



- Extra attention and confidence building
- Lessons tailored to your child's needs
- In-pool instructors, providing extra support
- Patient and safe learning environment

Saturday	1.15–5.15pm	30 min lessons
Sunday	11.15–1.50pm	30 min lessons

Adult Lessons



- Tailored to individual needs
- For beginners, those with negative experiences, or with new goals
- Focus areas: learning to swim leading to treading water, breathing techniques, confidently jumping in
- Supportive environment with small groups designed to be enjoyable and effective
- Led by experienced instructors to help you learn new skills or improve existing ones

Monday	8–9pm	1hr lesson
Tuesday	8.30–9.30pm	1hr lesson
	8.30–9.00pm	30min lesson
	9.00–9.30pm	30min lesson

How to Register:

1. Go to www.abcswimschool.co.uk

2. Select the SWIMMING LESSONS tab, then choose your preferred lessons from the drop down menu.

3. Check the details on your chosen lessons and click the large red REGISTRATION button.

4. Select WAITING LIST and fill out the form with all required information.

5. ABC Admin Staff will contact you with available options to ensure you're booked into the right lesson. Done!

We look forward to hearing from you!

ABC Swim School

Swim England Swim School Member

Venue: Shooters Hill Sixth Form College, Red Lion Lane London SE18 4LD

ABC Swim School London @ABC Swim School London

As well as our Learn to Swim pathway, we have other clubs and activities which provide great ways for your children to be involved in swimming and aquatics - leading to teaching!

Rookie Lifeguard

Lessons in valuable survival, rescue, first aid and sports skills delivered in an exciting way to get children involved and motivated



- Provides water rescue skills for aspiring lifesavers
- Builds water confidence, responsibility and teamwork
- Offers practical experience and certification opportunities
- Pathways to a professional lifeguard career

Sunday 1.20 -1.50pm 30 min lesson

PARTICIPATION CLUBS

ABC Aquatic Squad



- For swimmers to improve fitness, endurance, skills and water polo/lifesaving
- Offers friendly competitions and participation in the annual gala
- Focus on skill development and suitable for Duke of Edinburgh's Award
- Provides a fun, engaging alternative to traditional swimming clubs
- Encourages ongoing involvement in the sport with exciting opportunities to teach

Mondays
ABC Squad 7.45-8.45pm 1hr lesson

ABC Artistic Swimming Team



ABC ARTISTIC SWIMMING

- Swim to music!
- Learn essential techniques like sculling, eggbeater travel, going upside down
- Opportunities to perform in the ABC gala and compete in races
- Flexible commitment, avoiding traditional club demands

Tuesday 7.00-8.30pm 1½ hour lesson

How to Register:

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3. Check the details on your chosen lessons and click the large red **REGISTRATION** button.
4. Select **WAITING LIST** and fill out the form with all required information.
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We look forward to hearing from you!

Why not join our team?

ABC Training is developing, and we are welcoming new staff into our team which is a supportive work environment.

If you are interested in becoming a swimming teacher or lifeguard, feel free to get in contact for a chat.

You would need to be 16 years plus to take these qualifications.

Our lifeguards attend monthly training to practice their skills and keep their knowledge up to date. ABC also run NPLQ training hours.

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Email Alison
training@abcswimschool.co.uk

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