



Swimming



Kings Premier Health Club, Kings Road,
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SWIMMING

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.

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 6 months old can benefit from an early introduction to the pool within our parent & toddler classes, which can give improved water confidence and help to build trust.

Group swimming lessons are available from age 3 upwards with the emphasis being on the development of core skills and strokes while having fun in the pool along the way.

SEE THE LATEST TIMETABLE FOR DATES AND PRICES

To register your child, you will need to complete a Kings Child Registration Form and hand it in together with payment in full by cheque / card / cash (cheques to be made payable to Kings Premier Health Club).

All payments should be made through Kings reception only. T&Cs apply.