



SPECIALISED LESSONS

PARENT & TODDLER (6 months - 36 months)

This class will help parents to develop skills to encourage their children to become water confident. It also strengthens the bond with your baby. Basic principles are introduced such as kicking, submersion, arm action, floating and body position on front and back all. Skills are taught through the use of song.

SWIM CAMPS

During school holidays throughout the year, these courses are run over 4 or 5 days. Each swimming lesson last for 45 minutes. These courses give a boost to children's swimming skills. They are also a fun and productive way of filling up holiday time!

ONE-TO-ONE SWIMMING LESSONS

These lessons are on a one to one basis with a qualified instructor, and suitable for children and adults. These can be ideal if group classes are not suitable or as an add-on to group classes.

If you want to improve water confidence, a particular stroke, skill or even train for an event, this individual session is beneficial.

It is also useful for children/adults that need extra practice & instruction to achieve a particular skill.

TWO-TO-ONE SWIMMING LESSONS

These lessons are on a two to one basis with a qualified instructor. This offers the same support as One to One sessions, but allows two children/adults of a similar level to benefit.

SEE SEPARATE LEAFLET FOR FURTHER DETAILS

THE HALLIWICK CONCEPT OF TEACHING SWIMMING

These specialised lessons are suitable for people with intellectual and physical disabilities.

The swimmer will learn through a series of games and fun activities about water confidence & balance.

The Halliwick Philosophy is:

“To teach water happiness and enjoyment of water and encourage one's ability not disability”.

The long term goal is to become an independent swimmer. These lessons are taught by a qualified swim teacher and Halliwick Instructor and can be done on a one-to-one basis or in a group.

Group Sessions available. Contact us for details.



WE ALSO HAVE ADULT LESSONS, LIFESAVING & SWIM COACHING AVAILABLE

HOW TO ENROL

To join our Swim School here in LeisureWorld, all children will be given a Free 5 – 10 min assessment. This will identify the current swimming ability of the child.

Enrolment will take place at the next available course start date, subject to places being available.

Free assessments must be pre-booked at reception, please contact your local LeisureWorld facility.

WHEN LESSONS TAKE PLACE

Swim School Lessons are available after school hours and at weekends.

Specialised Swimming Lessons are available at other days & times.

Swimming Lesson times vary depending on the LeisureWorld Facility, please contact your local facility for details.



SWIM SCHOOL

BOOK ONLINE

www.leisureworldcork.com

Please contact your local LeisureWorld Facility:

LeisureWorld Bishopstown

E: swimlessons@leisureworldcork.com T: 021 4346505

LeisureWorld Churchfield

E: churchfield@leisureworldcork.com T: 021 4397868

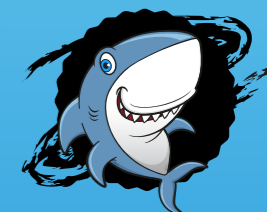
LeisureWorld Douglas

E: douglas@leisureworldcork.com T: 021 4293073

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SWIM SCHOOL



SWIM LESSONS FOR ALL AGES

DUCKLINGS

AGES
3-4 YRS

Ducklings are designed to improve water confidence for the child to get them ready for mainstream swimming lessons. This class is aimed at teaching the child safe entry & exit from the pool. It develops water confidence and how to follow instruction in a fun pool environment.



LeisureWorld

SWIM SCHOOL



DOLPHINS

Dolphin will be developing front crawl, back crawl & breast stroke, including correct breathing technique over longer distances. The butterfly stroke, forward tumbles, safe dives and feet first sculling are all introduced.



STARFISH

AGES
4 YRS +

Starfish is a confidence building class. Here we introduce floating on front & back, and the confidence to submerge under water, using games and encouragement.



PENGUINS

Penguins helps the child to develop the skills in floating, pushing & gliding, both on the front & back. Also to be confident performing rotation from front to back, and opposite, to regain an upright position in the water.

TURTLES



Turtles will develop front & back crawl with kick and arm action over a distance of 5m. Once this is achieved, correct breathing technique is introduced and the distance extended to 10m. The skills of breaststroke and treading water in the deep end are also introduced.

SHARKS



Shark will develop all strokes over 50m – 100m using correct breathing technique. The skills of safe dives & tumble turns will be developed, and timed swims will be introduced.

BOOK YOUR PLACE TODAY!

BISHOPSTOWN T: 021 4346505
E: SWIMLESSONS@LEISUREWORLD.CORK.COM

CHURCHFIELD T: 021 4397868
E: CHURCHFIELD@LEISUREWORLD.CORK.COM

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E: DOUGLAS@LEISUREWORLD.CORK.COM