

Swimming Lesson Q & A

How long are the lessons?

The lessons are 30 minutes long.

How much are the lessons?

To pay by Direct debit the lessons are £26.99 a month (£8.30 per lesson)

Family Member £7.40 per lesson, terms are payable as a termly block.

Active Member £9.50 per lesson plus annual Active membership £33.00, payable as a termly block.

Non-Member £11.45 per lesson, payable as a termly block.

What age can I join a swimming lesson –

We offer lessons from ages 0 – 99+

Which days do you offer lessons –

We offer lessons Monday Friday – 4pm – 6.30pm

Saturday @ Cascades 7.30am-9.30am & Cygnet 9.30am-11.00am

Sunday 7.30am – 9.30am

How do I find out what lessons are available for beginners –

Speak to us at reception or email our swim academy team at swimacademy@gcll.co.uk.

What equipment will my children need to swim?

We will provide all learning equipment, e.g., floats noodles. Please provide your child with goggles, if you feel they will benefit from them during the lessons. If you are swimming in the adult and child classes, please ensure your child is wearing a swim nappy.

Can we watch the lessons?

Yes, you can watch the lessons from our viewing areas.

Can we buy goggles/swimwear/swim nappies at the centre?

There is Zoggs items for sale at reception – we can only accept card payments

What happens when my child moves up a group?

You will receive a notification through your Scuba 6 portal to say that your child is ready to move to the next stage. You can then move your child to a day and time to suit your requirements.

What changing facilities do you have?

At Cygnet pool we have separate male and female changing rooms, there are both bench areas and cubicle changing available in both. Both Changing rooms have lockers.

At Cascades we have male, female and family changing areas – all cubicles. There is a bank of lockers outside the changing rooms on the way to poolside.

Is there parking at the centres?

There is free public parking at both centres

Is there a café/refreshment at the centre?

We have vending machines and Cascades will be opening a coffee shop soon

Can I access my child's course progress?

When you sign up for the lessons, you will get a welcome email explaining how to register. This will allow you to check their lesson time, and get progress updates.

How do the grades/groupings work?

We follow the Swim England plan for our award scheme, they are designed to reward your child for their development of the essential aquatic skills they need to be confident, competent and safe in the water.

What if I have had lessons before or have come from another swim School –

Every swim school is slightly different, we would book you in for an assessment with one of our qualified swim teachers to find the right class for you or your child.

Do the teachers get in the water with the learners –

No, our teachers teach from the pool side, but we have plenty of floatation support and beginners are normally taught in shallow water.

Can I easily cancel my swimming lesson direct debit if I no longer want lessons –

Yes, you are under no contract to join our direct debit – all you need to do is drop us an email at swimacademy@gcll.co.uk to let us know why you are leaving (your feedback is always welcome) and then cancel your direct debit with the bank.