



Swimming Lessons 2025

6 swimmers per Class

Wednesday's

Parent and Baby/Toddler (4months to 2 years) 12.15 - 12.45

Parent support Pre school (3years +) 12.45 - 13.15

30 minute lessons

&

4-6pm for

Beginners, Intermediate & Advanced lessons

30 minute lessons

Book & pay in advance to secure your place!

Spring Gardens

Rayleigh

Essex

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(Sporadic working hours so will respond when I am not teaching)