



DCU Sport Children's Swimming Lessons

Swimming Lessons have been a big part of DCU Sport since 2005. We cater for adults & children, beginners and improvers & swim squad (advanced). We also run a swim for all programme for children with physical and intellectual disabilities.

Term 3 - The new term of children's and adult's lessons will begin 16th April until 23rd June

Note** There will be no lessons 5th & 7th May and 2nd & 4th June

Tuesday, Thursday - 10 week term

Monday, Saturday - 8 week term

Current participants please note - current participants have priority booking until April 9th. After this date, we will make remaining places available to others. Children are issued with a certificate on the last day of lessons, stating which level they should be re-booked into. Please book children into the correct level.

- **Children's Beginners 1 & 2** - This class builds children's confidence, by playing games and learning basic fundamentals including floating, breathing and basic safety rules in order to improve their water confidence. This is for children who are still in arm bands and progressing to a float. Children will be introduced to front crawl and back crawl body positions.
- **Children's Improvers 1 & 2** - Children will work on body position, arm and leg technique and breathing in front crawl and back crawl. In improvers 2 they will be introduced to breast stroke and butterfly.
- **Swim Squad** - This class will help develop and refine all four strokes - front crawl, back crawl, breaststroke and butterfly. This class will help to build strength, stamina and endurance and will also work on improving diving, timing and tumble turning.

*To be eligible for swim squad, participants must be able to swim 4 lengths of the pool <3 minutes. The average number of lengths is 50-60 per session.

[Link to children's forms](#)