










WHY YOUR CHILD SHOULD LEARN TO SWIM

Swimming is more than just fun—it's a life-saving skill. It keeps your child safe in pools, open water, and at the beach. It's also a great full-body workout that supports healthy growth, boosts confidence, and builds social skills. Plus, it keeps kids active, engaged, and happy! Our swim school offers classes for all ages and abilities. With expert instructors and a supportive environment, your child will gain skills that last a lifetime.

BENEFITS OF LEARNING TO SWIM WITH US!

-  Fun and engaging lessons for all age groups from babies, pre-school, children to adults
-  All lessons delivered by Level 2 swim instructors
-  Life-saving skills for water safety alongside swim development
-  Great value; £25.50 per month direct debit
-  Monthly direct debits for 50 weeks a year (2 weeks off at Christmas)
-  Free recreational swimming included across all our pools
-  Access to a Home Portal to track swimming progress

ENJOY OUR POOL BEYOND LESSONS!

FREE SWIMMING – Included in choose swim membership

Swim for All – open sessions for families and individuals to enjoy swimming.

Aqua classes – enjoy exercise in the water with our Aquafit & Aqua natal classes

Swimming parties – celebrate with a splash!

Inflatable Sessions – sessions with giant pool inflatables for an exciting challenge, available at weekends and school holidays. For young people age 8-15 who are confident swimmers

SEND Sessions – Special Educational Needs & Disabilities (SEND) Accessible sessions; safe & supportive for people with disabilities

FIND YOUR NEAREST CENTRE

Adwick Leisure Complex

Welfare Road, Doncaster, DN6 7QF

Armthorpe Leisure Centre

Mere Lane, Doncaster, DN3 2BZ

Askern Leisure Centre

Station Road, Doncaster, DN6 9LN

Dearne Leisure Centre

Doncaster Road, Mexborough S64 0LB

Rossington Leisure Centre

Bond Street, Doncaster, DN11 0DU

Thorne Wellbeing & Leisure Hub

Haynes Road, Doncaster, DN8 5HX



FIND US ON



JUST SEARCH DCLT



LEARN TO SWIM WITH US

Available for all ages & abilities

SIGN UP TO CHOOSE SWIM TODAY!

Join our swimming lessons and experience the benefits of learning to swim in a safe, supportive, and enjoyable environment.

FOR FURTHER INFORMATION AND TO BOOK



SWIM STAGES



DISCOVERY DUCKLINGS (AGES 0-2 YEARS)

A gentle introduction to water for babies and pre school, helping them feel comfortable and secure.

- Small class size: maximum of 6 children per session, ensuring personalized attention.
- Parent/guardian participation: You'll be in the water with your child, making it a bonding experience while providing them with reassurance.
- Focus areas: water confidence, floating, gentle splashing, and early movement techniques.

Health guidance: We recommend consulting your health visitor before starting swimming lessons to ensure your baby is ready to be in the water.



DUCKLINGS (AGES 3-4 YEARS)

Designed for young children who are ready to start gaining more independence in the water.

- Instructor-led sessions: a qualified swimming instructor will be in the water with the children to provide hands-on guidance.
- Small group learning: maximum of 6 children per class to ensure a safe and enjoyable experience.
- Skill development: basic swimming skills, floating, breath control, and building water confidence through fun activities.



SWIM STAGE 1 - 7 (AGES 5+)

Our structured Swim England Learn to Swim program is designed to help children progress through Stages 1-7, developing their confidence, technique, and safety awareness in the water.

- Progressive learning: each stage has specific outcomes, ensuring children build strong foundations before advancing.
- Ongoing assessment: our instructors continuously assess children's abilities, so they move forward when they're ready.
- Parent updates: parents can track progress through our DCLT Home Portal for real-time updates on their child's swimming journey.



ADULT SWIMMING (AGES 16+)

It's never too late to learn how to swim! Our adult swimming programmes cater to all skill levels, from beginners to those looking to refine their technique. With four progressive stages, our lessons help you:

- Learn and improve swimming techniques
- Build confidence in the water
- Stay active in a fun, social environment



BRONZE CHALLENGE AWARDS (POST-STAGE 7)

For children who have completed the Learn to Swim program (Stages 1-7), our Bronze Challenge Awards provide an exciting new goal to work toward.

- Each challenge has set criteria that children will work toward in their lessons.
- Continuous assessment ensures steady progress.
- Home Portal access for parents to track achievements.
- Free recreational swimming access across our pools

Important Booking Information:

- Children must have completed Stage 7 before enrolling.
- On the first lesson, we will assess your child's skills to ensure they are in the correct class.
- If they do not confidently meet the previous stage's criteria, we will attempt to place them in the appropriate level—however, availability cannot be guaranteed.

DCLT HOME PORTAL — STAY CONNECTED!

We make it easy for parents to stay involved in their child's swimming journey. Our Home Portal allows you to:

- Track your child's progress online
- View achievements and next steps
- Receive updates from instructors

Upon sign-up, you'll receive instructions via email on how to access the portal.