



SWIMMING LESSONS
SWIMMER OF THE MONTH
 A MASSIVE CONGRATULATIONS TO AVA!
 Ava has been awarded our Swimmer of the Month Award for February by her instructor Ross for her amazing progress and determination within her lessons.
 Ava began learning to swim with us in Stage 1 and progressed right the way through to having just completed Stage 10! We've loved being a part of your Learn to Swim Journey Ava and we hope you continue to utilise the life saving skills you have learned.
 Well done!

FEBRUARY 2026
 LeisureCentre.com

COMING UP

30 MARCH - 3 APRIL	6 - 10 APRIL
09:00 - 09:55 STAGE 1	09:00 - 09:55 STAGE 1
09:00 - 09:55 STAGE 4	09:00 - 09:55 STAGE 4
10:00 - 10:55 STAGE 3	10:00 - 10:55 STAGE 2
10:00 - 10:55 STAGE 5	10:00 - 10:55 STAGE 5
11:00 - 11:55 STAGE 2	11:00 - 11:55 STAGE 3
11:00 - 11:55 STAGE 6	11:00 - 11:25 1-1 INTENSIVE
	11:30 - 11:55 1-1 INTENSIVE

GROUP PRICE: £86.90
1-1 PRICE: £132.90
 BOOK AT RECEPTION OR VIA OUR WEBSITE FOR GROUPS, EMAIL JADE.BODEN@LEXLEISURE.ORG.UK FOR 1-1

LeisureCentre.com

LEISURE CENTRE

STAGE ONE
 This stage 1 is the first step in our learn to swim journey. If your child has not taken swimming lessons before then, this is the stage for them! Using a games led approach, we focus on getting your children comfortable in the water. We teach your children to move in all directions, get water on their face, blow bubbles and understand buoyancy. These are the building blocks to develop the four main strokes further later on.

STAGE TWO
 Swimmers are also introduced to aquatic breathing and taught to make safe entries into the water, including jumping. Being confident with the face in the water, or having water on the face, is crucial to stroke development. Learning to be happy in the water at an early stage will allow swimmers to develop other skills more quickly later on.

STAGE THREE
 During Swim England Learn to Swim Stage 3, swimmers will develop their kicks on both their front and their back. They streamline through push and glides, whilst also swimming underwater. This helps develop skills for a number of different disciplines, including synchro, diving and competitive swimming.

STAGE FOUR
 Swim England Learn to Swim Stage 4 sees swimmers perfect their leg kicks for all four strokes and further develop push and glides, while also being introduced to sculling. They will develop an understanding of buoyancy through a range of skills and should swim 10 metres to the Swim England Expected Standards.

LEISURE CENTRE

Georgia



Guilia




PROMISING ATHLETES PROGRAMME

David Dick - Swimming

Growing up with an extremely supportive family, David is hugely grateful for the opportunities he has had. Working towards a scholarship is his biggest motivation and he personally wants to constantly beat his personal best.

OVERVIEW

What other hobbies or interests do you have and are you involved in any charity work?

Working towards my Duke of Edinburgh Award. I play football for Kingsdale FC Under 21's in the position of a striker. I also volunteer in a local library to support the community.

Who has been your role model and why?

My parents. They constantly support me and I have grown up with a family comes first approach.

What type of training facilities do you use or need?

Both the Swimming Pool and the Gym for extra practice.

What other sports or activities do you enjoy?

Football, athletics, badminton and basketball.

Why did you select the sport you have?

I enjoy the freedom of swimming and pushing myself to improve and better my times.

What Awards and Accomplishments have you achieved so far in the sport?

I made the Kent & Regional Championships. I also took part in the London Youth Games.

What does being part of the Promising Athlete Programme with Lex Leisure mean to you and your future success?

It is beneficial in excelling in my goals. It helps to build my stamina and overall physique, keeping me mentally and physically focused.

