



Down Leisure Centre – Summer 2023 Stand Alone Lessons

All Summer swimming lessons take place Monday - Friday.

Stanley 1

Suitable beginners aged for 4–6-years,

10.00am - 10.30am

10.35am - 11.05am

11.10am - 11.40am

11.45am - 12.15pm

Octopus 1

suitable beginners aged for 7+ years,

10.00am - 10.30am

10.35am - 11.05am

11.10am - 11.40am

11.45am - 12.15pm

Location: Down Leisure Centre.

Schedule: Lessons are scheduled W/c 17 July 2023, W/c 24 July 2023, W/c 31 July 2023, W/c 7 August 2023, W/c 14 August 2023 and W/c 21 August 2023

Number and duration of lessons: A swimming course will include 5 swimming lessons scheduled 30 mins per lesson.

Price: £30.00 per swimming course

Booking: You can book your swimming lessons from 10.00am on Monday 3 July 2023

A Booking link will be provided on the NMD Be Active Facebook page and NMD Be Active app (on the 'Main Category' drop down menu select 'Swimming Lessons' to search and see all available courses.)

Important Information

- Swimming lessons are sold on a first come first serve basis.
- You must have booked and paid for your swimming course to secure your place.
- Summer swim lessons are stand alone. Enrolling into summer swim lessons does not guarantee a place in our regular swimming lessons programme.
- All bookings are non-refundable and non-transferable unless cancelled by Council.
- A registration form must be completed in advance.

For more information email downleisurecentre@nmandd.org or call 0330 137 4026.