



New Beginners at The Quays

ACTIVE NATION

What are New Beginners sessions?

New Beginners are for beginners who are diving in a lesson for the very first time.

Each lesson will last 30 minutes will be taught in groups of up to 8 by qualified instructors from the Southampton Diving Programme.

The New Beginners session will cost £6.80.

Who is aimed at?

Participants should be **aged between 6 and 13 years** for children's sessions and will need to be able to swim at least 25m unaided, to be confident in deep water and to be happy to swim without goggles

When does it take place?

The sessions are taking place on most days of the holiday. To register for the **New Beginners lessons** please [complete this form](#), or contact 023 8072 0922 or email divingatthequays@activenation.org.uk