



Learn to Swim to Dive at The Quays

ACTIVE NATION

What is Learn to Swim to Dive?

Learn to Swim to Dive is a course designed for participants who are interested in diving but have only little or no experience in swimming. The course is designed so that participants can achieve a swimming level that will allow them to begin diving lessons as quickly as possible.

Courses consist of 6 sessions, each session will last 30 minutes. Children will be given an opportunity to have a free diving “taster” when they are safe swimmers.

The cost of the course: £30

Who is aimed at?

The course is aimed at children aged between 6-13 years, who wish to dive with little or no experience in swimming.

When does it take place?

More dates will be available soon.

Contact us on 023 8072 0906 or e-mail: divingatthequays@activenation.org.uk for more information.