



**Are you looking to join the area's leading  
Swimming Club?**

We are holding trials for our highly regarded Learn to Swim lessons soon. To book a place, please contact Debbie Collins by emailing  
**learn2swim@farehamnomads.co.uk**

# **FREE TRIALS**

## **Learn to Swim**

### **Mon 28th Oct & Fri 1st Nov**



## **6.30pm-7.30pm**

# **Fareham Leisure Centre**

Please contact Debbie to book!

**learn2swim@farehamnomads.co.uk**



For more information visit our website:  
[www.farehamnomads.co.uk](http://www.farehamnomads.co.uk)





## Learn To Swim ...with Fareham Nomads!

*Our aim is to give beginners and non-swimmers the opportunity to learn to swim by developing confidence and stroke technique in a structured, fun and safe environment.*

We are an inclusive club offering swimming lessons for children aged four years and over. Our swimming lessons are run during term-time and take place at Fareham Leisure Centre on Monday and Friday evenings. Parents are able to watch these lessons from a poolside seating area.

Children are taught by qualified teachers using the Swim England Learn to Swim Programme. They progress using fun and games through seven stages, from their first splash to full competence in the water. This framework is underpinned throughout by Long Term Athlete Development principles, offering clear progression between each stage. We reward success with the use of badges and certificates.

Our lessons enable children to discover movement in the water with a full range of swimming techniques and aquatic skills. Once they have completed Stage 7, the next step is our pre-competitive Academy Squad.



If you wish to know more about our Learn to Swim programme or would like a free trial, please contact us: [learn2swim@farehamnomads.co.uk](mailto:learn2swim@farehamnomads.co.uk)  
We look forward to seeing you soon.!

**Debbie Collins** Learn to Swim Coordinator



Visit our website: [www.farehamnomads.co.uk](http://www.farehamnomads.co.uk)

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