

Oundle Otters Swim School

Oundle Otters Level 1-10: An independent swim school run during term time as 3 x 12-week courses per year for those from school age up, teaching a range of abilities from non-swim up to pre-club standard. A free assessment is available if required to establish the child's current level of swimming.

Adult & Child Lessons: *New* 5-week courses throughout the year aimed at 2-3 & 3-4 year-olds. These lessons aim to build aquatic confidence, enjoyment and bonding from an early age with an adult in the water.

Pre-school: Group lessons for children aged 3-4 years, running as 12-week terms alongside Otters. These lessons help to build confidence and independence in the water whilst learning basic aquatic movement and travel. Teachers will also be present in the water.

Swimfit: Once the Otters Swim School is completed, you will need to meet a set criterion to join our Swimfit sessions. Ideal for those that enjoy swimming, want to build fitness or prepare to join a swimming club in the future. These are delivered alongside Oundle Otters in 12-week terms.

Adult Lessons: Bookable 5-week group lessons for adults from 16 years+, ranging from non-swim through to confident swimmers building stamina and improving technique.

Private Lessons: Delivered as 30 minute sessions on a ratio of 1 or 2 swimmers to 1 teacher. These private sessions are ideal for those that need some additional support or focus on specific areas of swimming.

Holiday Crash Courses and Workshops: We offer Oundle Otters Swim School Crash Courses during half terms and holidays. From non-swimmers to stroke workshops (front crawl, backstroke, butterfly and breaststroke), there is something for your child to improve their skill and ability.

*Enquire using our 'register your interest' form or contact our reception team.
oundlesportscentre.co.uk / 01832 277208*
