

# Swimming begins here!

Over 1.5 Million children have  
learnt to swim over  
20 years!!



Discover the largest  
independent UK Swim School  
with our pool in Ipswich!

We're open 7 days a week all year round  
dedicated to teaching swimming.  
AND ALWAYS FREE CAR PARKING!

All our pools enjoy comfortable viewing areas  
with coffee shops, family friendly changing room  
and MOST importantly warm water temperatures  
suitable for young children.

First Strokes Ipswich 01473 599 066 [www.firststrokes.com](http://www.firststrokes.com)



Our lessons follow a unique  
approach!

Our Award Plan is a complete journey with lessons  
for all ages and abilities- from Babies to Adults.

On joining you will receive your Journey Plan  
(First Strokes Award Folder £20 one off fee).  
Your folder has all the information to take your  
swimming from a beginner to competitive levels.  
On your way, you will collect awards and  
certificates for your achievements.

All 50 awards and certificates are FREE!  
All you need to do is keep swimming...



The fun keeps coming...

## Personal survival

Water SURVIVAL for all eventualities; these  
are the first skills our swimmers are taught

## Water safety

Understand dangers in the pool,  
on the beach, a lake or even at home

## Distance Swims

We make sure from the start of your  
journey that you can swim to safety...  
from 10 meters to a mile!

## Water skills

We teach the skills you need  
to be confident in the water

## School Holidays

Fun time during all  
school holidays

## 1 to 1 Lessons Individual

Available all year round and  
over all school holidays

## 1 to 1 Lessons Fast Track

Combine with regular lessons  
for a real swimming boost

## Baby & You Lessons

Learning to swim designed  
for children ages 4 months to  
2.5 years old

## Just Swim

Baby splash, Just Swim adult  
sessions and Family Just  
Swims. Join the fun!