

# Portmarnock Sports & Leisure Club

## Swimming Lesson Academy

September 2024



### *TWO NEW LEVELS BEING ADDED – TURTLES & CROCS*

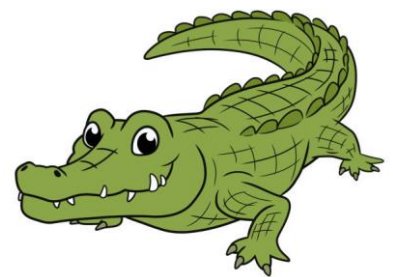
#### *TURTLES*

Turtles is a new group slotting in above Goldfish where we aim to allow children to become more independent and confident in the water without floatation aids. If your child has been recently enrolled in Goldfish you will be contacted separately shortly to advise you on which level is best to enrol them for our September term. A teacher will be present in the water for this class also.



#### *CROCS*

Crocs is our new level after Seals which focuses on the introduction and coordination of the tricky Breastroke whilst also allowing the child to build their distance and stamina skills. If your child has been recently enrolled in Seals you will be contacted separately shortly to advise you on which level is best to enrol them for our September term. This class will be taught in the deep end.



If unsure what level to enrol your child in please view our Level Description guide or email [pool@pslc.ie](mailto:pool@pslc.ie)