

# junior swimming lessons

Class name	Age	Requirements	Capacity	Length of class	Length of pool required
<b>Parent &amp; Baby 1</b>	0mths - 12mths	<ul style="list-style-type: none"> <li>• Teach in pool</li> <li>• Parent/Guardian required</li> <li>• Follow VA swim school criteria</li> </ul>	MAX 6	30mins	Half a lane or half Teaching pool
<b>Parent &amp; Baby 2</b>	12mths - 24mth	<ul style="list-style-type: none"> <li>• Teach in pool</li> <li>• Parent/Guardian required</li> <li>• Follow VA swim school criteria</li> </ul>	MAX 6	30mins	Half a lane or half Teaching pool
<b>Parent &amp; Baby 3</b>	24mths - 36mths	<ul style="list-style-type: none"> <li>• Teach in pool</li> <li>• Parent/Guardian required</li> <li>• Follow VA swim school criteria</li> </ul>	MAX 6	30mins	Half a lane or half Teaching pool
<b>Pre School</b>	3yrs - 4yrs	<ul style="list-style-type: none"> <li>• Teach in pool</li> <li>• Parent/Guardian optional</li> <li>• Pool platform required</li> <li>• Follow VA swim school criteria</li> </ul>	MAX 4 or MAX 6	30mins	Half a lane or half Teaching pool
<b>VA L1 RED</b>	N/A	<ul style="list-style-type: none"> <li>• Teach in pool</li> <li>• Parent/Guardian required</li> <li>• Follow VA swim school criteria</li> </ul>	MAX 4 or MAX 6**	30mins	Half a lane Lesson to take place in teaching pool where available
<b>VA L2 ORANGE</b>	N/A	<ul style="list-style-type: none"> <li>• Teach in pool</li> <li>• Parent/Guardian required</li> <li>• Follow VA swim school criteria</li> </ul>	MAX 4 or MAX 6	30mins	Half a lane
<b>VA L3 YELLOW</b>	N/A	<ul style="list-style-type: none"> <li>• Teach in pool</li> <li>• Parent/Guardian required</li> <li>• Follow VA swim school criteria</li> </ul>	MAX 4 or MAX 6	30mins	Half a lane
<b>VA L4 GREEN</b>	N/A	<ul style="list-style-type: none"> <li>• Follow VA swim school criteria</li> </ul>	MAX 4 or MAX 6	30mins	Half a lane depending on pool size*
<b>VA L5 BLUE</b>	N/A	<ul style="list-style-type: none"> <li>• Follow VA swim school criteria</li> </ul>	MAX 4 or MAX 6	30mins	Half a lane depending on pool size*
<b>VA L6 PURPLE</b>	N/A	<ul style="list-style-type: none"> <li>• Follow VA swim school criteria</li> </ul>	MAX 4 or MAX 6*	30mins	1 lane
<b>VA L7 BLACK</b>	N/A	<ul style="list-style-type: none"> <li>• Follow VA swim school criteria</li> </ul>	MAX 4 or MAX 6	30mins	1 lane
<b>VA SQUADS BRONZE</b>	N/A	<ul style="list-style-type: none"> <li>• Follow VA swim school criteria</li> </ul>	MAX 12	1hr	2 lanes
<b>VA SQUADS SILVER</b>	N/A	<ul style="list-style-type: none"> <li>• Follow VA swim school criteria</li> </ul>	MAX 12	1hr	2 lanes
<b>VA SQUADS GOLD</b>	N/A	<ul style="list-style-type: none"> <li>• Follow VA swim school criteria</li> </ul>	MAX 12	1hr	2 lanes

• VA L1 RED to Squads is based on ability rather than age, therefore any class is applicable to a junior that is 4+ years  
 • Crash courses are available for any junior from Pre School upwards (club dependant)  
 • 1-2-1/2-2-1 Swimming lessons will take place in off peak times only and not between peak family times of Mon - Fri 3.30 - 6.30 and Sat - Sun 8.30am - 12noon

Speak to your Head of Family Activities for more information.