



Adult and Teen Lessons



Dudley Park Aquatic Centre Wednesday Evenings | 5-Week Blocks

Build your confidence and skills in the water with our small group lessons designed for all experience levels. Enrol now and take the next step in your swimming journey!

Group Lessons	
Teen—Beginner Ages 13–17 25 minutes	Perfect for absolute beginners. Focus on building water confidence, learning to submerge, developing floating skills, and moving safely through the water. Max 4 participants
Adult—Beginner Ages 18+ 25 minutes	Ideal for adults new to swimming. Build water confidence while encouraging submerging, floating skills, and movement through the water. Max 4 participants
Adult—Intermediate 25 minutes	For adults who are comfortable floating and kicking but are ready to refine their skills. Develop arm strokes, basic breathing techniques, and learn how to combine these skills while improving body position and technique. Max 4 participants
Adult—Advanced 45 minutes	Designed for adults wanting to improve stamina and efficiency. Focus on stroke technique, breathing, and body position to build endurance and swim for longer durations. Max 8 participants
Individuals 15 minutes	Focused one-on-one guidance, participants can progress at their own pace, build confidence, and refine skills in a supportive environment. Max 1 participant

Prices	
Group	\$74.50
Individual	\$148

For availability, class times, or to book a FREE assessment, please call 0800 924 794. We recommend purchasing a concession card to support regular practice and help build your confidence between lessons. See our Customer Service team or Website for more details.

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