



TAKE  
THE PLUNGE  
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## About Premier Swim

Our team of fully qualified teachers are dedicated to helping you achieve your swimming goals. Whether it's teaching your newborn the first skills necessary to start their aquatic journey or teaching you the skills to navigate a 2.4 mile open water swim and still have the energy to cycle 112 miles and run a marathon afterwards. All of our team have a background in competitive swimming too so we don't just talk the talk!

## Achieving Your Goals

Here at Premier Swim we are committed to ensuring our lessons are of the highest possible standards. These standards can only be maintained by ensuring our teaching staff are the best at what they do. Whatever the goal our team are here to make sure it is achieved.

## Lesson information for Children

Every child is different. Here at Premier Swim we feel that learning to swim in a one to one environment is the best way to develop your child's swimming abilities. We can tailor every minute of every lesson to suit your child's needs, none of their 30 minute lesson will be wasted, they will be engaged throughout each and every lesson unlike group lesson situations.

## Lesson information for Adults

Whether you just need to brush up on your technique or are petrified of the water and are starting from scratch we can help. We will work closely with you to understand your specific goals and adapt our lessons to suit your individual needs.

Our instructors will be in the water with you whether it's to help you overcome initial trepidation in the water or to demonstrate a flip turn to help you understand the mechanics of this complicated skill.

### Benefits of Premier Swim one-to-one

- High pool temperatures
- (30 Degrees +)
- Unique "core skills" approach
- Reschedule lessons
- Teacher familiarity
- Regular progress reports
- Fun and friendly environment

### Based in Bury, we make use of two great pools in the local area:

Stables Fitness & Leisure Club  
Bolholt Hotel  
Walshaw Road  
Bury BL8 1PU

Old Mill Hotel and Leisure Club  
Springwood, Ramsbottom  
Bury BLO 9DS

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