

SWIMMING

Bede's Swimming Academy runs in the Bede's Prep indoor pool and offers students the perfect start to their aquatic journey. Students will quickly build confidence in the water, develop essential stroke techniques, and cultivate a lifelong love for swimming in a safe, fun, and controlled environment.

OBJECTIVES

- To build unshakeable water confidence and comfort, starting with safe entry, exit, and basic pool movement
- To understand and consistently follow all pool rules and essential water safety practices
- To develop effective independent breathing techniques, including rhythmic breathing and safe submersion
- To master fundamental aquatic skills, such as floating on the front and back, kicking, and gliding
- To learn the correct foundational body position and coordination for the front crawl (freestyle) stroke
- To execute a basic, unassisted backstroke over a short distance with proper body alignment
- To foster a fun, encouraging, and supportive atmosphere for all students to enjoy the water
- To increase the ability to move through the water effectively for sustained periods, building stamina
- To gain early exposure to the basic movements of the breaststroke and effective arm-pull action
- To cultivate a lifelong, positive association with swimming as a healthy and enjoyable activity

SUMMARY

CENTRES	Eastbourne (6–11 years)	LEVELS	Beginner, Elementary and Intermediate
VENUE	Bede's Prep indoor swimming pool	INSTRUCTION	Students receive instruction in small groups
HOURS	3 hours per week (2x 1½ hour sessions)	FEE	£295 per week
DATES	Eastbourne – Week 1: 28/06/2026 Week 3: 12/07/2026 Week 5: 26/07/2026 Week 7: 09/08/2026	DAYS	Tuesday and Thursday

Minimum number of students is required for the Academy to run. If an Academy is cancelled, a refund will be given.