Swimming Lessons

One to One Lessons or Small Group Lessons for Children or Adults

Parent and Baby Classes (from 6 weeks old)

Pre School Lessons

Agua Natal Classes

Mermaid Lessons

Open Water Swimming

Aqua Phobia Courses

Pre Club Sessions

Adult/Children Fitness Classes

All Ages and Abilities:
From complete beginners to advanced swimmers.









Contact Us On 01202 031701

fo

info@individualityswimmingandfitness.co.uk www.individualityswimmingandfitness.co.uk