

NB - Please note: Prices have changed since this publication.

Swim With Sarah

SWIMMING LESSONS LEARN BEFORE YOUR HOLIDAY

Fastest Way to learn

Any Age - Any Level

5x40 Minute Lessons £55

5 max per group

Start Monday - Swim by Sunday

AQUAFIT CLASSES NOW STARTING

Gentle or Energetic sessions available

Private swimming lessons also available
£20 for 40 mins
or intensive 5x 40 mins £95

HOLIDAY SPANISH & SWIMMING PACKAGE

Design your own package of swimming and Spanish lessons. Lessons are held at Chatsworth House Hotel, on the promenade, Llandudno

For all the above call Sarah Kentish
07952 295251

If you want to get fit for summer new Aqua Fit classes are starting from next week at two different levels.

Just call to enquire and book.

For further info please see web sites.

www.swimwithsarah.co.uk • www.englishwithwithsarah.co.uk

or email sarah.kentish@btinternet.com

mobile 07952295251

Swimming Lessons

Sarah Kentish has been running the Swim School 'Swim With Sarah' for 7 years and has taught hundreds of children aged from 4 upwards plus about 60 adults to swim over that time. She has an almost perfect success rate and teaches from beginner to advanced level.

Before teaching swimming Sarah worked as a language teacher for 20 years and for a year in a children's ward at Cork University Hospital as a play room assistant and in various crèches as part of a NVCA Level 2 in Childcare and Education for which she qualified. She is a fully qualified Amateur Swimming Association Level 2 Swimming Teacher and holds certificates for Disability Swimming Teaching and is a qualified Aqua Fit Teacher.

New Aqua Fit courses will be starting next week (small groups). Sarah works in conjunction with Nigel Wischhusen who is a personal trainer and sports massage therapist. Nigel 07764 609584

Sarah holds an enhanced Criminal Records Bureau check, a National Pool Swimming Teacher Rescue Test Certificate and a First Aid Certificate.

Sarah teaches in line with the ASA National Swim Plan and awards certificates and badges according to the swimmers level of attainment

Swimming lessons can be individual or in groups. Maximum six per group.

Clients have commented as follows about Sarah's teaching:-

"My son has come on in leaps and bounds with you... he never felt comfortable before but took to your set up of small groups immediately because he got more attention and his efforts were repaid with positive feedback! A happy Mum and son."

"I can swim, I can swim... and you made it seem so easy! Can't tell you how thrilled I am, thank you so much; and... Learning to swim has given me loads of confidence when riding my horse as well... I wish I'd learned years ago - thanks you it's been brilliant. A happy adult!"



Lessons take place in a warm 10 meter pool in a comfortable environment. Sarah is encouraging and helps learners to overcome fear and will get into the water during one-to-one lessons when people need extra help to build confidence.

Sarah teaches swimming lessons in English but tries hard to speak Welsh with her bilingual speakers and holds the old fashioned O level Welsh.

Holiday Spanish and Swimming

Apart from teaching swimming Sarah taught English to speakers of other languages at University College Cork for 12 years and also in Spain where she learnt to speak Spanish. She then went on to do a BA through the Open University and also gained a Diploma Superior in Spanish with the OU.

She is now setting up a Spanish and swimming package so if you would like to learn to swim and learn some holiday Spanish before going to Spain you can call or arrange to meet Sarah to discuss and design your own language and swimming course.