



Fivemiletown College



28 July – 1 August 2025

3.30–4.30pm

4.30–5.30pm



£5/week



Available to
P3-P7 age
group eligible
for FSM

**SWIM
ULSTER**



**Faster Skill
Development**



**Improved
Water Safety**



**Enhanced Water
Confidence**



**Boost Self
Esteem**

Ideal for nervous swimmers & late starters



brenda@swimulster.com



028 9187 7577 (opt 6)



www.swimulster.com

About us..

Swim Ulster is part of the Swim Ireland family and is recognised by Sport NI as the governing body for aquatic sports in Ulster.

Our mission is to ensure that every child, regardless of background, has the opportunity to learn to swim, enjoy the water and build a foundation for a healthier, more active future.

We are committed to breaking down barriers to participation for children from low socio-economic backgrounds by providing accessible high quality swimming lessons that foster the core aquatic skills of safety and confidence in, on and through the water together with developing lifelong skills.



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About the lessons..

Intensive swimming lessons offer numerous benefits, particularly for accelerating skill development, building confidence, and improving water safety. They allow for more frequent practice, leading to faster progress and the ability to move up to the next level of swimming skill. This is particularly ideal for Nervous Swimmers & Late Starters, particularly children who missed out on swimming over the COVID period and now struggling with their confidence in water.

Our week long summer learn to swim camp is open to children in P3-P7 who are unable to swim and who are eligible for free school meals.

The camp will take place at Fivemiletown College pool on Monday 28 July - Friday 1 August 2025. There will be 2 sessions available:

Session 1: 3.30pm - 4.30pm

Session 2: 4.30pm - 5.30pm

Each session will start with a 30 minute lesson focusing on Core Aquatic Skills, followed by a 10 minute snack break and ending with a 20 minute lesson focusing on Water Safety Skills.

Swimmers will be in groups of 6 max, with a teacher on poolside and a teaching assistant in the water with each group.



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