

# Alpha Swimming Lessons

1:1 lessons for children  
who require additional support in the water.

**At Carrington Wed or Thurs evenings.**

The alpha 1:1 lessons which are based on a Wednesday and Thursday evening at Manchester United's training ground, Carrington are priced at **£8.25** per lesson but paid for upfront in blocks of 12-13 weeks. The 1:1 lessons the teacher is in the water for 30minutes with the child.

Small group classes

**At Stretford Leisure Centre on a Fri evening.**

The alpha group lessons are again 30 minutes long and run on a Friday evening between 4-6.30pm. The cost of these lessons is **£5.05** per lesson and as above paid for in advance in blocks of 12 or 13 weeks. The classes have no more than 5 in at one time and volunteers are also in to assist. Please note lessons take place in the small pool and only 1 class takes place in the main pool.

Small group classes

**At Partington Leisure Centre on a Thurs evening**

The alpha group lessons are again 30 minutes long and run on a Thursday evening from 5.30pm onwards. The cost of these lessons is **£5.05** per lesson and as above paid for in advance in blocks of 12 or 13 weeks.

Deaf friendly small group classes

**At Partington Sports Village on a Thurs evening.**

The alpha group lessons are again 30 minutes long and run on a Thursday evening between 4-5.30pm. The cost of these lessons is **£5.05** per lesson and as above paid for in advance in blocks of 12 or 13 weeks.

**The lessons run for 50weeks of the year with a 2 week break at Christmas.**

**Our programme follows the ASA Alpha & NPTS Stages.**

For Further information on Alpha Disability Swimming Lessons please contact:

Karen Winters on 0161 749 2570 for Carrington & Partington SV  
Stephen Darrough on 0161 875 1417 for Stretford LC