



SWIM WITH SARAH

Welcome to **Swim with Sarah**. My goal is to provide a safe and enjoyable environment where swimmers of any ability can reach their full potential. **Swim with Sarah** was founded in 2003. During this time I have taught over 800 children to swim and over 100 adults.

Whether you or your child want to learn the basics, or to progress to competitions, I can help. Swimming is a fantastic activity, combining safety, fun and exercise.

The classes are small, with a maximum of four children in each. I train swimmers of all levels from beginner to Stage 8 of the National Swim Plan. Once a certain level has been attained your child will be assessed and awarded with a certificate and badge.

I am a fully licensed swimming teacher and hold the following Amateur Swimming Association qualifications: Full level 2 Swimming Teacher, Aqua Fit, Swimming for people with Disabilities. I hold a First Aid Certificate, a National Certificate in Child Care and Education (level 2), Good practice in Child Protection Certificate and an enhanced C.R.B. I am also a full member of The Institute of Swimming.

For further information please call Sarah Kentish 0795 2295251
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