

**J**AGS Private swimming lessons offer you the chance to experience first class one to one training from our qualified swimming teachers. We are able to offer swimming lessons for adults and children of all abilities from non-swimmers to competitive swimmers who wish to improve speed, technique and stamina. All you have to do is contact one of the teachers in this leaflet, book a lesson with the teacher in the available times shown below and arrange payment with the teacher directly.

**Please note: -**

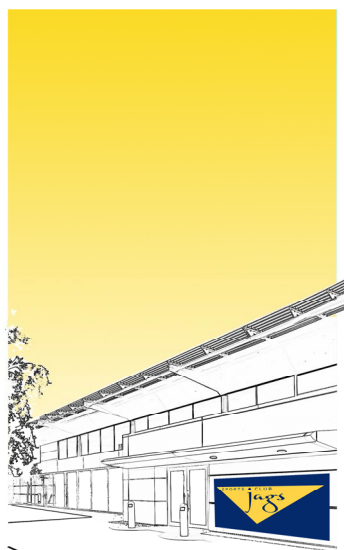
30 minute lessons should cost no more than £20.

No refunds will be made if a cancellation is less than 24 hours prior to the lesson

	Term Time	Holidays
Monday	5.15pm – 6.15pm	12.pm-6.30pm
Tuesday		12.pm-6.30pm
Wednesday	5.30pm – 7.00pm	12.pm-6.30pm
Thursday		12.pm-6.30pm
Friday	6.45pm – 8.15pm	12.pm-6.30pm
Saturday	11.00am – 1.00pm and 5.30pm – 8.00pm	9.00am-1.00pm and 5.30pm-8.00pm
Sunday	5.30pm – 8.00pm	5.30pm-8.00pm

Please contact JAGS Sports Club for more information:

Red Post Hill, Dulwich, London, SE24 9JN  
Phone: 0208 613 6500  
Email: [info@jagssportsclub.co.uk](mailto:info@jagssportsclub.co.uk)



[www.jagssportsclub.co.uk](http://www.jagssportsclub.co.uk)  
[info@jagssportsclub.co.uk](mailto:info@jagssportsclub.co.uk)

# PRIVATE SWIMMING LESSONS

[www.jagssportsclub.co.uk](http://www.jagssportsclub.co.uk)



### **Rebecca Cook**

ASA Level 2 Instructor  
Adult and Child Qualified  
An experienced teacher for all abilities, currently teaching at Jags Swim Academy  
Contact details: -  
T: 020 8516 5976  
**M: 07857 636 586**  
E: themooch@ntlworld.com  
Availability: - Friday evenings

### **William Bloomfield**

ASA Level 2 Instructor  
Adult and child qualified  
William is perfect for those looking for a male teacher. He can provide a fun and energetic lesson. He is currently teaching for the South West Swim School and Jags Sports Club, and is therefore experienced dealing with smaller groups to provide a fun lesson tailored to the child's independent needs.  
Contact details: -  
**M: 07955876977**  
Availability: - please contact

### **Anna Patricia Moorhouse**

ASA level 2 qualified  
Experienced in private teaching all ages and abilities.  
Also teaches group lessons of up to 10 pupils and community school classes.  
Contact details: -  
E: moorhouseamoor@aol.com  
Availability: - please contact

### **Simon Bedford**

ASA Level 2 Swimming Teacher for child-adult  
A former national swimmer. Teaching swimming for almost 10 years.  
Contact details: -  
**T: 07870 303 174**  
E: simontbedford@btinternet.com  
Availability: - Wednesday evenings and Saturday mornings/afternoons

### **Jackie Bedford**

ASA level 2 Instructor  
Over 20 years teaching at schools, leisure centres and private lessons,  
Fully qualified to teach from babies to adults.  
Very caring and understanding.  
Contact details: -  
**T: 07885945041**  
Availability: - Monday and Sunday evenings

### **Sally O'Connor**

ASA level 2 Instructor  
Enjoy learning to swim or improve your swimming technique with an experienced ASA qualified swimming teacher. Any age – non swimmers to pre club standard.  
Contact details: -  
E: sallyoconnor@talk.talk.net  
**M: 07801 865861**  
Availability: - please contact

### **Miroslav Dimitrov**

ASA Level 2 Certificate for Teaching Swimming  
ASA Adult and Child Water Activities  
A member of the Institute of Swimming  
National Pool Lifeguard Qualification  
Over 25 years of experience in swimming including club swimming and competing in National Championships in Bulgaria. 6 years of teaching swimming in England.  
Contact details: -  
**T: 07788133401**  
E: miro\_swim\_fitness@hotmail.com  
Availability: - school holidays only

### **Monika Skrzypek**

ASA Level-2 Swimming Teaching  
ASA Level-2 Swimming Coaching  
ASATeaching Adult and Child Qualification  
A full-time swimming professional, specializing in the use of body balance technique  
More than 6 years experience as swimming teacher  
Trained as an ASA Swimming Coach and Baby Teacher  
Specialises in one-to-one session with all standards including nervous non-swimmers right through to tri-athletes.  
Contact details: -  
E: nikinha@hotmail.co.uk  
Availability: - Wednesday evenings, Friday evenings, Saturday afternoons, Sunday evenings

### **Catherine Simpson**

Qualified ASA Swimming Teacher in Adult & Child/Toddler,  
Adult or Child from Beginner – Competitive swimmer and Mini Polo, also with experience in Triathlon Training  
Contact details: -  
**T: 0778 6933761**  
Availability: - Saturday morning, Saturday evenings, Sunday evenings and Wednesday evenings

### **Mike Johnstone**

Experienced ASA Level 2 Instructor, IOS Licensed Teacher / Club Coach and Open Water specialist  
Individually tailored sessions for the novice to experienced swimmer.  
Learn to swim faster and more efficiently  
Stroke and technique improvement  
Contact Details: -  
**T: 07770261809**  
E: michael.j2009@hotmail.co.uk  
Availability: -Please contact