



Thank you for choosing Swim2Swim at You Fit Pool for your swimming lessons.

Let us help make your first swim with us special. Contact us if you would like more help / information



**[www.swim2swim.com](http://www.swim2swim.com)**  
**email: [info@swim2swim.com](mailto:info@swim2swim.com)**  
**Call: 01206 212603**





***The Pool*** – You Fit is the health club attached to the Holiday Inn Colchester (Eight Ash Green)  
Full address : You Fit Health Club, Holiday Inn Colchester, Abbots Lane, Eight Ash Green, CO6 3QL.

The pool is 15m long with a maximum depth of 1.2m. Swimming lessons are held in 2 lanes / half of the pool and only one lesson takes place at any one time with 2 water based teachers.

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**The lessons** – Lessons at You Fit are for school age children only and take place on Tuesdays and Thursdays after school and on Saturday mornings. Full details and timetable can be found on our website [www.swim2swim.com](http://www.swim2swim.com).

We follow the Swim England learn to swim programme Stages 1–7.

We swim for 50 weeks a year during school and bank holidays in 12 or 13 week terms. Lessons are paid for termly in advance with the option of paying by monthly Direct Debit once the 1st term is complete.

Swim2swim run lessons for **babies and pre-school children** at the Britannia Pool Great Tey & Primrose Pool in Ramsey for more information visit the website or contact the office directly.

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**What to wear** – Well fitting swim wear should be worn. Bikinis and below the knee swim shorts are not suitable.

Although not essential goggles are advisable. These should be well fitted and the children should be able to put them on and take them off themselves. A selection of zogs goggles are available from our shop at Britannia pool or can be purchased through the link on our website

<https://swim2swim.com/swim-shop>

Hats are also not essential but can be worn if desired. Long hair should be tied up securely.

Jewellery should not be worn, newly pierced ears can be taped up.

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**Car park** – There is a parking eye system at You Fit and the Holiday Inn if you overflow park there. Please ensure you enter your car registration number into the ipad on reception when you arrive even if you are running late. The system automatically issues fines if you fail to do so.

**Changing rooms** – The Swim2swim changing room policy can be found here <https://swim2swim.com/about-us/changing-room-policy>  
this applies to swimming at You Fit too. Children aged 8 and over should use their own changing rooms or the family changing rooms are also available. Please be aware that changing rooms at You Fit are also used by members of the club.







**Mobile phones and photography** – Mobile phones should not be used on poolside and no photographs or videos should be taken inside the You Fit building.

**Outdoor shoes** – Outdoor footwear is not allowed on poolside. Blue cover shoes are available at reception. Being mindful of the environment and single use plastics if you can remove your shoes and socks before entering the pool hall that would be ideal.

**Spectator seating** – Lessons are viewed directly from poolside. There are only 8 chairs i.e. 1 per swimmer in the group. If it is necessary for more than one person to come to watch, please do not take up more than one chair and be prepared to stand. This also applies to siblings who will always remain your responsibility.

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**The Team** – We have an experienced team of qualified teachers and assistants who are dedicated to providing quality swimming lessons and an overall all round great experience.

**The office team** are located at Britannia Pool Great Tey and can be contacted via email [info@swim2Swim.com](mailto:info@swim2Swim.com) or 01206 212603

We are on social media Facebook and instagram

**About us** – Swim2Swim is a family run business providing swimming lessons in and around North Essex for more than a decade. We run lessons not only at You Fit but also Britannia pool Great Tey and Primrose Pool near Ramsey.

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