

Evolution Swim School

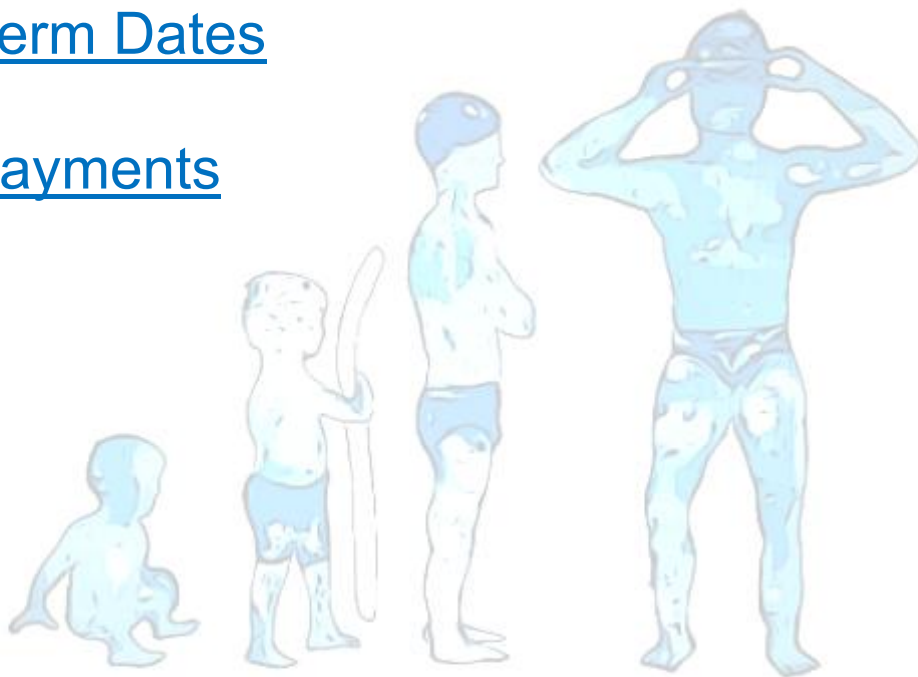
Company No. **SC751912**



Welcome Pack - Falkirk

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Welcome!

Welcome to Evolution Swim School!

Thank you for choosing Evolution Swim School to help achieve your swimming goals. We're delighted to have you join us and look forward to supporting you or your child on an exciting swimming journey.

Who We Are:

Established in 2018 by Commonwealth Games medallist Kieran McGuckin, Evolution Swim School combines over 20 years of competitive swimming experience and 18 years of teaching expertise. Our mission is to deliver high-quality swimming lessons at an affordable price while creating a safe, fun, and engaging environment for all swimmers.

What We Offer:

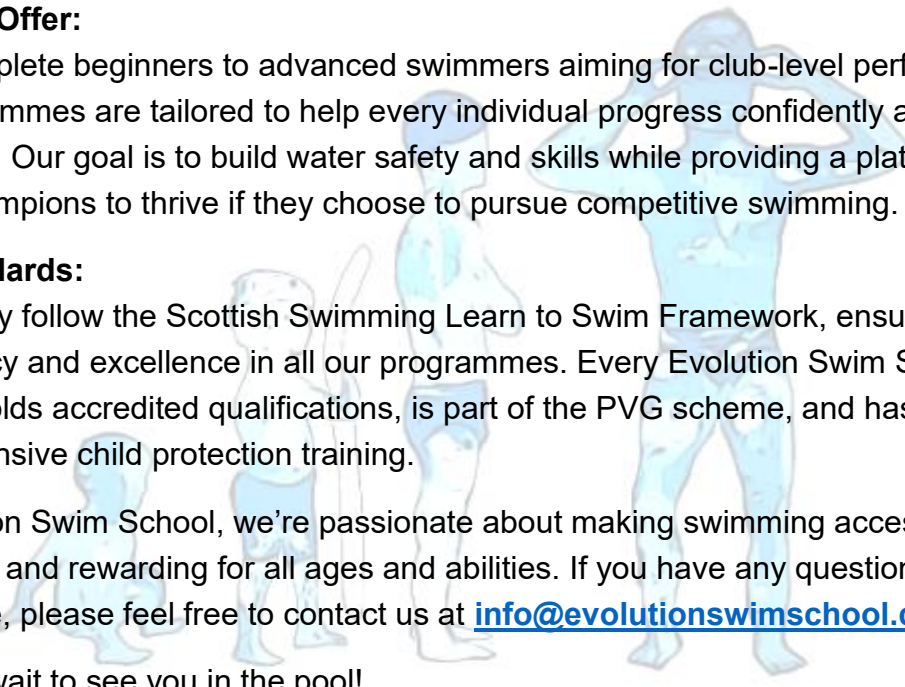
From complete beginners to advanced swimmers aiming for club-level performance, our programmes are tailored to help every individual progress confidently and effectively. Our goal is to build water safety and skills while providing a platform for future champions to thrive if they choose to pursue competitive swimming.

Our Standards:

We proudly follow the Scottish Swimming Learn to Swim Framework, ensuring consistency and excellence in all our programmes. Every Evolution Swim School teacher holds accredited qualifications, is part of the PVG scheme, and has received comprehensive child protection training.

At Evolution Swim School, we're passionate about making swimming accessible, enjoyable, and rewarding for all ages and abilities. If you have any questions or need assistance, please feel free to contact us at info@evolutionswimschool.co.uk.

We can't wait to see you in the pool!



Adult Lessons

At **Evolution Swim School**, we welcome adult learners of all abilities—whether you're a novice taking your first steps into the water or a triathlete looking to refine your technique. Our lessons are tailored to suit individual goals, offering a flexible and personalised approach to learning.

Why Choose Us?

- **Flexible Learning:**
Unlike rigid programmes, our adult lessons give you the opportunity to influence what you want to focus on—be it mastering basic water confidence, improving stroke technique, or building endurance.
- **Goal Setting and Progress:**
Once enrolled, we'll set personalised targets based on your individual goals. At the end of each term, we'll review your progress and adjust your targets to ensure you're continually improving and achieving milestones.
- **Training Plans for Advanced Swimmers:**
For those who are already competent swimmers, we can provide simple, customised training plans to help you improve technique, build endurance, or reach specific fitness or performance goals at your own pace.

Private Tuition Only:

We currently offer **private lessons** for adult learners to ensure focused, one-on-one coaching. However, if you'd like to learn with a partner or friend, let us know at info@evolutionswimschool.co.uk, and we'll explore alternative arrangements to meet your needs.

Take the Plunge!

Whether you're looking to conquer a fear of water, train for a competition, or simply learn to enjoy swimming, our personalised approach will help you achieve your goals in a supportive and encouraging environment.



Locations and Days

Larbert High School: Wednesday 6pm – 8.30pm, Thursday 4pm – 7pm



Swimming Lessons at Larbert High School

Larbert High School boasts a fantastic 5-lane, 25-metre pool with depths ranging from 0.7m at the shallow end to 1.8m at the deep end. This versatile setup is perfect for accommodating swimmers of all abilities, from beginners building confidence in the shallow end to advanced learners ready to tackle the deep end.

Why Choose Larbert High School?

- **Exclusive Use:** During our lessons, we have sole access to the pool, ensuring a distraction-free, safe, and focused learning environment for all swimmers.
- **Spacious and Welcoming:** The pool offers ample space for every participant to learn and enjoy their lessons comfortably.
- **Progressive Learning:** Children can start where they feel comfortable and progress to deeper water as their confidence and skills grow.

Lesson Availability

We offer both group and private lessons tailored to all ability levels:

- **Days:** Wednesday and Thursday evenings
- **Programmes:** Suitable for all ages and skill levels

📍 **Find Us:** For directions to Larbert High School, [click here](#).

Graeme High School: Saturday 9am – 1.30pm, Sunday 9am – 5pm



Swimming Lessons at Graeme High School

Graeme High School features a 6-lane, 20-metre pool with depths ranging from 0.8m at the shallow end to 1.6m at the deep end. This layout makes it an ideal environment for swimmers of all abilities, from beginners gaining water confidence to advanced learners refining their skills.

Why Choose Graeme High School?

- **Exclusive Access:** We have sole use of the pool during lessons, ensuring a calm and focused environment free from distractions.
- **Versatile Depths:** The pool accommodates a variety of activities, from confidence-building in the shallow end to advanced techniques in deeper water.
- **Ample Space:** The generous size of the pool provides plenty of room for swimmers to learn and enjoy their lessons comfortably.

Lesson Availability

We offer a range of group and private lessons tailored to suit all ages and skill levels:

- **Days:** Saturday and Sunday
- **Programmes:** Designed to meet the needs of beginners through to advanced swimmers

📍 **Find Us:** For directions to Graeme High School, [click here](#).

Term Dates

Lesson Schedule and Term Dates

At Evolution Swim School, our lessons run continuously throughout the year, following school term times and holidays: **Autumn, Winter, Spring, and Summer**. This schedule ensures consistency in learning while accommodating family routines.

Summer Camps

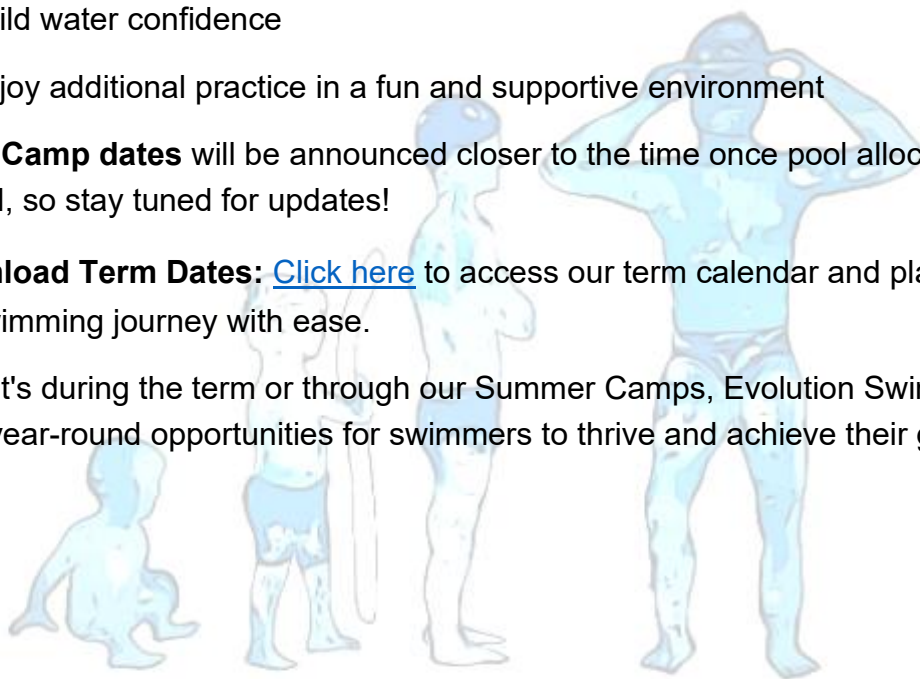
In addition to our regular lessons, we offer exciting **Summer Camps** during the school summer holidays. These camps provide an excellent opportunity for swimmers to:

- Sharpen their skills
- Build water confidence
- Enjoy additional practice in a fun and supportive environment

Summer Camp dates will be announced closer to the time once pool allocations are confirmed, so stay tuned for updates!

 **Download Term Dates:** [Click here](#) to access our term calendar and plan your child's swimming journey with ease.

Whether it's during the term or through our Summer Camps, Evolution Swim School ensures year-round opportunities for swimmers to thrive and achieve their goals.



Payment Information

At Evolution Swim School we have two options for our adult learners to suit everyone's needs.

Monthly Direct Debit:

- **£122/month for a weekly 1 : 1 lesson**
- Payments are collected on the **1st of each month**, except for July when no weekly lessons take place.
- If you join partway through a month, you'll receive an instant payment link to cover the remainder of that month's lessons. Your direct debit will then begin on the following **1st of the month**.
- The cost is calculated based on 40 lessons delivered over an 11-month period, taking into account pre-planned holiday breaks and term dates.
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Block Booking:

- **£33.55/lesson**
- Minimum 6 lessons booking required
- Can be extended at the end of your block booking

We're committed to making swimming lessons accessible, transparent, and straightforward for all!

