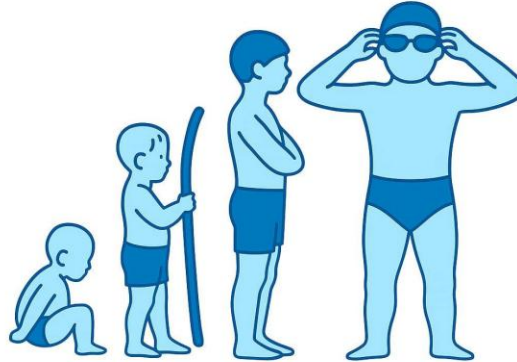


# Evolution Swim School



## Information Guide

Company No. SC751912

### Contents

- 1. Welcome
- 2. Locations
- 3. Term Dates
- 4. Payment Information
- 5. Group Lessons
- 6. Private Lessons
- 7. Trial Lessons
- 8. HomePortal
- 9. Ability Groups
- 10. Contact Us

# 1. Welcome

Welcome to Evolution Swim School and thank you for your interest in our lessons. This guide has been put together to give you a clear overview of how we operate, what we offer, and how we can support swimmers of different ages and abilities.

Established in 2018 by Commonwealth Games medallist Kieran McGuckin, Evolution Swim School was created with the aim of delivering high-quality swimming lessons in a safe, supportive, and enjoyable environment. With extensive experience across both competitive swimming and teaching, we are passionate about helping every swimmer build confidence, develop skills, and progress in a way that suits their individual needs.

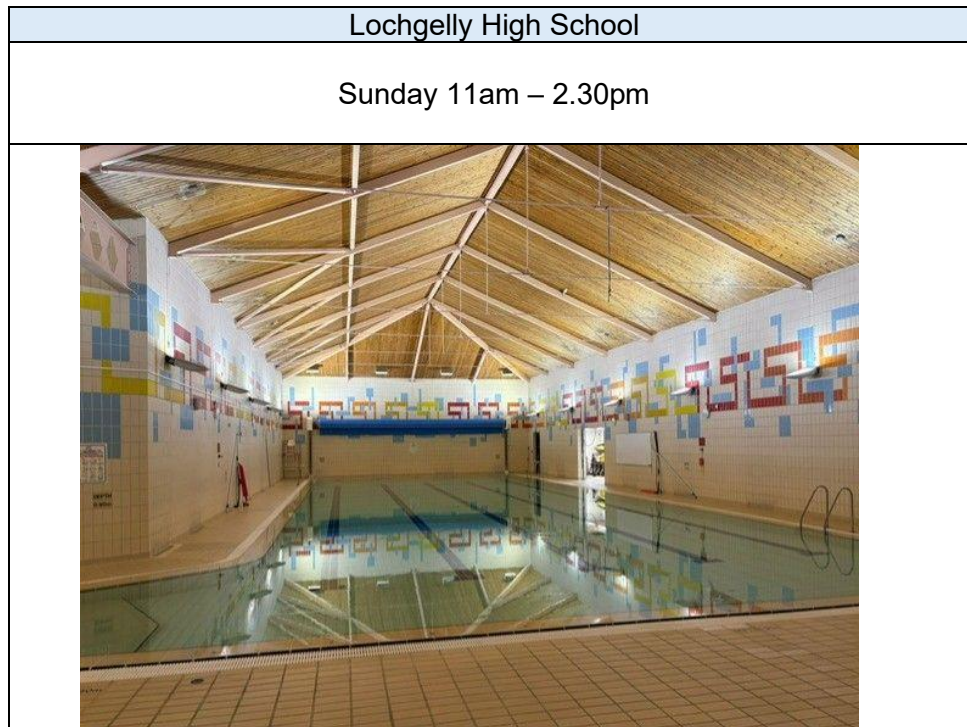
We provide lessons for a wide range of ages and abilities, from complete beginners developing early water confidence through to more advanced swimmers refining technique, endurance, and overall performance. Our focus is not only on learning to swim, but also on building water safety, confidence, and a lifelong positive relationship with the water.

Alongside our lesson programme, Evolution Swim School is also an STA Approved Training Centre. This means we not only deliver swimming lessons, but also support the development of future swimming teachers, helping to promote high standards and industry-led practice throughout our organisation.

All Evolution Swim School teachers hold relevant qualifications, are part of the PVG Scheme, and have completed child protection training. We are committed to creating a professional, welcoming, and positive environment where every swimmer feels supported and encouraged throughout their journey.

If you have any questions or would like to discuss the most suitable option for you or your child, please feel free to contact us and we will be happy to help.

## 2. Locations



Across our Falkirk venues, we offer both group and private lessons for a range of ages and ability levels.

For more information on each venue, including pool details, directions, and further location information, please visit our website:

<https://evolutionswimschool.co.uk/larbert-high>

<https://evolutionswimschool.co.uk/falkirk-graeme-high>

## 3. Term Dates

Evolution Swim School lessons run in line with our published lesson calendar. This calendar aims to align with local council school holiday periods where possible to help support family scheduling, however our published calendar should always be used as the point of reference for exact lesson dates.

Our lesson programme is based on 40 lessons across the calendar year, with planned breaks built in across the year. These dates are reflected in our overall lesson schedule and payment structure.

For the most up-to-date term dates and lesson calendar, please visit our website:

<https://evolutionswimschool.co.uk/term-dates>

## 4. Payment Information

Swimming lessons at Evolution Swim School are paid for by monthly Direct Debit. Payments are collected on the 1st of each month, with no regular weekly lessons taking place in July.

Our lesson programme is based on 40 lessons across the calendar year, with the overall cost spread across 11 monthly payments. This takes into account the planned breaks shown on our published lesson calendar.

If you join partway through a month, an instant payment link will be sent to cover any lessons taking place before your Direct Debit begins. Your monthly Direct Debit will then start from the next available 1st of the month.

### **Current pricing is as follows:**

- Group lessons (4:1): **£47.50/month, per swimmer**
- Private lessons: **£122/month for up to two swimmers**
  - Additional swimmers in a private lesson may incur an additional charge

For further information on how our Direct Debit system works, please visit our [Direct Debit FAQs](#).

## 5. Group Lessons

Our group lessons are designed to provide high-quality instruction in a structured and supportive environment. With a maximum ratio of 4:1, swimmers benefit from regular individual feedback while also gaining confidence within a small group setting.

Children are grouped by ability level to help ensure lessons are suitable, engaging, and appropriately challenging. This helps swimmers progress alongside others working at a similar stage, while also encouraging independence and confidence in the water.

Group lessons are ideal for swimmers who are 3 years and older and ready to take part independently from their parent or guardian and who benefit from learning in a social, ability-based setting.

## 6. Private Lessons

Our private lessons are designed for swimmers who may benefit from more individualised support. These lessons can be particularly helpful for swimmers who would prefer a quieter setting, want to work on specific skills, or may benefit from a more tailored pace of learning.

Private lessons can also accommodate up to three family members, including swimmers working at different ability levels, making them a flexible option for some families.

In certain circumstances, and where appropriate, a parent, guardian, or responsible adult may be able to join in the water to support the swimmer. This would be considered on an individual basis and is not a standard requirement of private lessons.

## 7. Trial Lessons

We may offer trial lessons for new customers in two different circumstances.

### Assessment Trial

If you are unsure of the most suitable ability level for you or your child, a trial lesson may be used as an assessment. This gives our team the opportunity to observe the swimmer in the water and confirm the most appropriate lesson type and level. Please note that, following an assessment trial, the most suitable long-term space may differ from the original trial slot depending on the outcome.

### Commitment Trial

A trial lesson may also be offered to families who have been offered a suitable space but would like to try the lesson before committing to ongoing enrolment. This can be helpful for a range of reasons, including confidence, routine, or simply making sure the lesson is the right fit. In these cases, the offered space will be held for 48 hours after the trial lesson, allowing time to decide whether you would like to proceed.

### Trial Lesson Prices:

- Group Lessons: £12 per session
- Private Lessons: £35 per session

All trial lessons are subject to availability within the programme.

## 8. HomePortal

Once your swimmer is enrolled, you will receive access to our HomePortal system. This allows you to view key lesson information, follow your swimmer's current ability level, and monitor their progress throughout their time with Evolution Swim School.

Through HomePortal, families can view lesson details, curriculum information, and progress updates, helping you stay informed and engaged in your swimmer's development.

The screenshot displays the HomePortal interface for a swimmer named Kieran McGuckin. On the left, the swimmer's name and ID (10000363) are shown. Below this, a circular progress indicator shows 87% completion for a 'Group Class' scheduled for 'Tuesday 12:00'. A 'Direct Debit customer' status is also indicated. The main content area shows a lesson titled 'Bouy 1 - Big bubbles', which is currently 'Assessed'. The progress bar is partially filled, and the last update is from Monday, November 24th 2025. The lesson details are as follows:

- Assessed:** Has been introduced to blowing big bubbles.
- Practicing:** Blowing big bubbles consistently on the surface of the water and is beginning to attempt this with the face submerged.
- Completed:** Can independently blow big bubbles when fully submerged.

At the bottom left, the next session is scheduled for 'Tuesday, May 12th 2026, 12:00 pm'.

## 9. Ability Groups

At Evolution Swim School, our programme is structured across a clear pathway of ability groups, designed to support swimmers from their very first experiences in the water through to advanced swimming development. Each level has its own focus, helping swimmers build confidence, safety, technique, and endurance at the right stage of their journey.

If you are unsure which level is most suitable, our ability checker and team can help guide you. Final placement may be confirmed by Evolution Swim School to help ensure each swimmer is in the most appropriate group for their current ability and confidence.

Ability Checker: <https://evolutionswimschool.co.uk/ability-checker>

### Water Confidence

Water Confidence is designed for non-swimmers and early beginners. The focus is on building comfort in the water, learning how to float and recover safely, developing basic breathing control and submersion confidence, and introducing early movement skills that create the foundations for the Learn levels.

#### Minimum guide:

- 3 years and older
- Ready to learn independently from their parent or guardian during the lesson
- Able to take part within a small group setting

### Learn Bronze

Learn Bronze is the first stage of stroke development. Learners build on Water Confidence skills to begin learning the core movements of frontcrawl and backcrawl, developing effective kicking and arm actions and combining them into short full-stroke swims.

The level also introduces early breaststroke, improves push and glide skills in a streamlined position, and continues to develop essential confidence and safety skills such as controlled submersion, collecting objects, basic treading water with support, and safe diving entries.

#### Minimum guide:

- Can submerge comfortably and independently
- Can float on both front and back
- Can regain standing independently
- Can jump in and return safely to the side
- Can swim short distances on both front and back without buoyancy aids

### Learn Silver

Learn Silver builds on Learn Bronze by strengthening stroke foundations and increasing independence in the water. The focus is on improving efficiency and control in front crawl and back crawl, introducing key technical progressions that support smoother swimming, and extending distances.

Alongside stroke development, Learn Silver places a bigger emphasis on water safety and confidence, including deeper water skills, more advanced body control and rotation, and developing the ability to stay calm and effective when transitioning between positions or taking rest breaks.

#### **Minimum guide:**

- Can swim around 15 metres front crawl with recognisable technique
- Can swim around 15 metres back crawl with recognisable technique
- Can swim around 15 metres breaststroke with recognisable technique
- Shows confidence with skills such as log rolls and kneeling dives
- Can tread water

### **Learn Gold**

Learn Gold develops stronger, more consistent swimmers by improving technique across all four strokes and increasing distance, control, and endurance. At this level, learners begin applying technical markers more reliably and start introducing more advanced swim skills such as turns, streamlined underwater work, and more confident deep-water safety skills, including longer treading water, calling for help, and basic rescue awareness.

Learn Gold also introduces swimmers to other swimming disciplines beyond learn-to-swim, including early artistic swimming skills, water polo skills, and survival and lifesaving concepts such as the HELP position, reach rescues, and safer decision-making in the water.

#### **Minimum guide:**

- Can swim 25 metres front crawl with good technique
- Can swim 25 metres back crawl with good technique
- Can swim 25 metres breaststroke with good technique
- Can swim around 15 metres butterfly
- Can perform a standing dive
- Shows stronger confidence in deeper-water safety skills

### **Swim Bronze**

Swim Bronze is the first stage of our advanced swimmer pathway. The focus shifts from learning skills to applying them consistently over longer distances, with stronger technical standards, improved endurance, and more confident deep-water safety. Swimmers are expected to meet clear technical markers across all four strokes, develop stronger underwater skills, and begin using turns and transitions more effectively.

Alongside performance, Swim Bronze continues to build essential safety capability through sustained treading water, controlled breathing, and distance challenges that develop pacing, resilience, and confidence in the water.

#### **Minimum guide:**

- Can swim 50 metres front crawl
- Can swim 50 metres back crawl
- Can swim 50 metres breaststroke

- Can swim 25 metres butterfly
- Can perform a standing dive
- Can show confidence with more advanced skills such as tumble turns, sculling, and longer periods of deep-water work

## Swim Silver

Swim Silver builds on Swim Bronze by increasing endurance, consistency, and race-ready skills across the full programme. Swimmers are expected to hold technical standards for longer distances in all four strokes, with minimal drop-off as fatigue increases, and to begin applying stronger wall skills and pace control.

The level also introduces more structured performance challenges, including race starts, timed swims, and distance targets, while developing versatility through Individual Medley work and reinforcing safe, confident deep-water ability through sustained swimming and stamina-based goals.

### Minimum guide:

- Strong and consistent performance across all four strokes
- Comfortable swimming longer distances with minimal technical drop-off
- Confident with race starts, turns, and pace control
- Ready for more advanced endurance and performance-based challenges

## Swim Gold

Swim Gold is our highest endurance-focused level, aimed at confident, capable swimmers who can maintain strong technique over longer distances. The emphasis is on sustaining technical markers as fatigue increases, building stamina and pacing across all four strokes, and improving versatility through longer Individual Medley challenges.

Swim Gold also includes higher performance targets such as longer timed swims and faster dive-and-swim efforts, alongside distance goals that develop mental resilience, efficient breathing control, and safe, controlled swimming over extended periods.

Direct entry into Swim Gold would not normally be expected. If you feel your child is already swimming above Swim Silver level, please contact us and we will be happy to discuss the most appropriate option.

## 10. Contact Us

If you would like to discuss lesson options, availability, or the most suitable starting point, please contact us and we will be happy to help.

Email: [info@evolutionswimschool.co.uk](mailto:info@evolutionswimschool.co.uk)

Phone: 07833 088975

Website: [www.evolutionswimschool.co.uk](http://www.evolutionswimschool.co.uk)