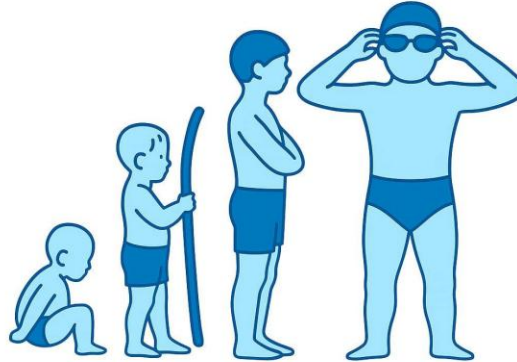


Evolution Swim School



Information Guide

Company No. SC751912

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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 please feel free to contact us and we will be happy to help.

2. Adult Lessons

At Evolution Swim School, we welcome adult learners of all abilities, whether you are just starting out, looking to build confidence in the water, or wanting to improve technique and endurance. Our adult lessons are designed around individual needs, with a personalised approach that allows each swimmer to work towards their own goals.

Our adult lessons are tailored to the individual rather than following a fixed one-size-fits-all programme. This means lessons can focus on the areas most important to you, whether that is building water confidence, learning the fundamentals of swimming, improving stroke technique, or developing fitness and endurance.



Once enrolled, we will agree clear goals based on your current ability and what you would like to achieve. Progress is reviewed regularly, allowing lessons to remain focused, purposeful, and suited to your development over time.

For adult swimmers who are already confident in the water, lessons can also be used to refine technique, improve efficiency, build endurance, or work towards a specific swimming, fitness, or event-based goal.

We currently offer adult lessons on a private tuition basis to allow for focused, individual coaching. If you are interested in learning with a partner or friend, please let us know and we can advise on whether a shared option may be available.

Whether your goal is to overcome nerves in the water, learn to swim, improve your stroke, or work towards a personal challenge, our lessons provide a supportive and encouraging environment to help you progress.

3. Locations

Larbert High School	Graeme High School
Wednesday: 6pm – 8.30pm Thursday: 4pm – 7pm	Saturday: 9am – 1.30pm Sunday: 9am – 5pm
	

Across our Falkirk venues, we offer 1 : 1 lessons for adults of all abilities.

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>

4. 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>

5. Payment Information

At Evolution Swim School, we offer two payment options for our adult learners to help suit different needs and preferences.

Monthly Direct Debit

- £122 per month for one weekly 1:1 lesson
- Payments are collected on the 1st of each month, with no weekly lessons taking place in July
- If you join partway through a month, you will receive an instant payment link 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
- The cost is based on 40 lessons delivered across the calendar year, spread over 11 monthly payments, taking into account planned breaks and term dates

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

Block Booking

- £33.50 per lesson
- A minimum booking of 6 lessons is required
- Additional lessons can be added at the end of the block if you would like to continue

We aim to keep our lesson options flexible, clear, and straightforward, so you can choose the payment route that works best for you.

6. 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

Phone: 07833 088975

Website: www.evolutionswimschool.co.uk