



Affordable swimming this Autumn

Life Leisure is offering free swimming holiday courses to children eligible for free school meals in Stockport this autumn. The course is at Life Leisure Grand Central from Tuesday 27th – Thursday 29th October, with a choice of 1.30pm or 2.30pm.

On the holiday courses, the children swim daily, helping them build confidence quickly, improve their ability in school swimming lessons, and increase their chances of meeting the National Curriculum requirements.

This course is free as it's a teacher training course. The course will be overseen by a qualified swimming teacher and the course tutor, so children will still be getting the same level of expert care and guidance, while helping a trainee gain experience. To book, please email Emma at swimming.mastertrainer@lifeleisure.net. Spaces are limited and offered on a first come, first served basis.

If you can't make the above dates or times, we're still offering discounted swimming holiday courses at all five of our pools in Stockport during the following periods:

- October half term 2026
- February half term (2027)

We offer courses from beginner to improver level, ensuring every swimmer has the opportunity to progress.

To book, simply:

1. Visit: [Course Pro](#)
2. Press 'Book class' and search for the pool and course dates you'd like
3. Use the voucher code **SWIM26** at checkout to reduce the cost of the holiday course to just £15.00 for the full week.

Both of these offers are available to children who receive free school meals and are not currently on a swimming lesson membership with Life Leisure. We're doing this because we're passionate about providing accessible, affordable swimming lessons for all children in Stockport.

Thanks for supporting Life Leisure.

Life Leisure Swim Team