Grove ASC Development

Swimming Lessons

Learn how to swim and progress through the stages gaining the necessary skills until you are club ready.





Club Swimming

Not ready or one for competitive swimming then Grove keeps you in the sport whilst offering a more relaxed atmosphere





Grove ASC

Develop your technique, speed and stamina beyond that of lessons in a friendly and relaxed atmosphere with regular testing through time trials, 20 minute swims and our annual club championships





Competitive Swimming



We offer the opportunity to compete internally and externally as well as having contacts with other more competitive clubs



Other Aquatic disciplines





Explore a range of other aquatic sports such as water polo, synchronised swimming, diving, open water swimming and many more



Lifeguarding



Another great skill to have; gain useful first aid knowledge and become a qualified lifeguard

Social skills



Make friends and keep active with the club. Why not use grove as a sport for your duke of Edinburgh award, volunteer with us at swimming events, become a young sports ambassador

Teaching and coaching



Give back to the swimming community by becoming a swim teacher or coach. Gain experience on poolside at grove and make use of our contacts in the city