

Client Information

Water sports



Swimming

Swimming lessons for children and adults are offered at Beau Sejour Leisure Centre, at Kings Club and the Sarnia Sea Lions Swim School. The pool at Beau Sejour is open for public swimming sessions at certain times during the week. Some local hotels also offer "Dip and Dine" facilities in the summer, allowing local residents the opportunity to enjoy different swimming pools around the island. Keep an eye on the Guernsey Press during the summer months for further information about these opportunities. Marina Health and Leisure, La Grande Mare and the St Pierre Park also permit use of the swimming pool to gym members.

Beau Sejour Leisure Centre

Tel: 01481 747237

Check out the dedicated section of the website where details are available about all the various swimming options at Beau Sejour.

www.beausejour.gg/swimming

Kings Life

Tel: 01481 723366

www.kings.gg

Sarnia Sea Lions Swim School

Tel: 01481 236735 / 07911 741874

Natasha Duquemin offers a variety of options for adults, children, toddlers and babies. For all those wanting to learn to swim, improve swimming technique or just generally get swim fit and toned up. Different venues are being used, for more detailed info check their website.

<http://sarniasealions.com/>

For those wishing to swim competitively, Guernsey has two main swimming clubs – The Beau Sejour Barracudas and the Guernsey Swimming Club. Both train at Beau Sejour Leisure Centre. For further information, have a look at their websites.

www.barracudas-sc.org.gg/

www.guernseyswimming.com

Sailing

Guernsey provides the ideal location for people of all ages to learn how to sail or how to improve their existing skills and of course opportunities for racing or just messing about in boats! Check out the websites of some of the organisations listed below. For more specific requirements, check out the Activities page of the Visit Guernsey website www.visitguernsey.com/activities

Guernsey Yacht Club

Tel: 01481 722838

www.gyc.org.gg

Royal Channel Islands Yacht Club (RCIYC)

Tel: 01481 725500

www.rciyc.com

Guernsey Sailing Trust

Tel: 01481 710877

www.sailingtrust.org.gg

Guernsey Boating

(For private charter, individual tuition etc.)

www.guernseyboating.com

Tel: 07781 119145

For further information on other water-based activities, Visit Guernsey's website has an excellent section giving details of every kind of sporting activity available on the island

www.visitguernsey.com/activities

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