



SUMMER SWIM SCHOOL

7th - 18th August 2023



SIGN UP NOW

LEARN TO SWIM - CRASH COURSE

Available sessions:
Monday 7th & 14th, Wednesday 9th & 16th, Friday 11th & 18th
30 minute session, starting at
10.00am for 4-6yrs and 10.30am for 7-12yrs
£15 for two sessions
For beginner level, Age 4+
Small groups of up to 6 children

SWIM CLINIC

Stroke development & technique
Available sessions:
Monday 7th / 14th Freestyle, Wednesday 9th / 16th Breaststroke,
Thursday 10th / 17th Backstroke, Friday 11th / 18th Butterfly
1 hour session, starting at 11.00am
£10 per session
Must be able to swim 10m on the chosen stroke
without aid or stopping. For level 4+

DIVING SWIM CLINIC

For improvers & advanced swimmers
Available sessions:
Monday 7th / 14th, Wednesday 9th / 16th, Thursday 10th / 17th
and Friday 11th / 18th
1 hour session, starting at 10.00am
£10 per session
Key lead-up skills of submersion, inversion, rotation and body positioning

ROOKIE LIFEGUARD

Learn lifesaving skills, pool rescue, self-rescue, first aid & CPR
7th - 18th August (no Tuesdays or weekends)
8 day course only £55
For children aged between 8 - 12 years
Work through Bronze, Silver and Gold stages
with 3 levels in each. Improve water fitness and team
building through FUN lifesaving based activities!

