

28 th July - 1 st August	Time	Description
Beginners 1	08:30-09:00 09:00-09:30 09:30-10:00	This course is for the complete beginner. It is a series of lessons to improve water confidence. Must be 4 1/2+ yrs or attending school.
Beginners 2	08:30-09:00 09:00-09:30 09:30-10:00	This is a course for children who are comfortable moving independently in the water. They must be able to put their face in the water. Must be 4 1/2+ yrs or attending school.
Stage 1	08:30-09:00 09:00-09:30 09:30-10:00	This is a course for children who can independently swim 5m on their front and 5m on their back without aids. They must be able to confidently put their face in the water. Must be 4 1/2+ yrs or attending school.
Stage 2	08:30-09:00 09:00-09:30	This is a course for children who can independently swim 5m on their front and 5m on their back without aids. They must have knowledge of Breaststoke and be happy to swim out of their depth. Must Be 4 1/2+ yrs or attending school.
Beginner Front Crawl	09:30-10:00	This class is to improve a child's Front Crawl technique. Children must be in a Stage 2 - 4 class already. If not currently having lessons they should be able to swim 10m unaided on their front and on their back. Must be 4 1/2+ yrs or attending school.
Beginner Breaststroke	10:00-10:30	This class is to improve a child's Breastroke technique. Children must be in a Stage 2 - 4 class already. If not currently having lessons, they should be able to Swim 10m unaided on their front and their back. Must be 4 1/2+ yrs or attending school.
Rookies (Lifesaving)	10:00-10:30	Rookies is a fun life saving activity that everyone can learn. Children must be in a Stage 4-7 class already. If not currently having lessons, children should be able to swim 50m unaided on their front & back & have a knowledge of Breaststroke. They must also be happy to dive into the pool & dive down to the bottom of the pool.
Diving	10:00-10:30	Learn a new skill or gain extra confidence. This Diving course teaches all the skills needed to dive above and below the water. Children must be Stages 3-7 and must be confident in deep water.
26 th - 29 th August	Time	Description
Beginners 1	08:30-09:00 09:00-09:30	This course is for the complete beginner. It is a series of lessons to improve water confidence. Must be 4 1/2+ yrs or attending school.
Beginners 2	08:30-09:00 09:00-09:30	This is a course for children who are comfortable moving independently in the water. They must be able to put their face in the water. Must be 4 1/2+ yrs or attending school.
Stage 1	08:30-09:00 09:00-09:30	This is a course for children who can independently swim 5m on their front and 5m on their back without aids. They must be able to confidently put their face in the water. Must be 4 1/2+ yrs or attending school.
Stage 2	08:30-09:00 09:30-10:00	This is a course for children who can independently swim 5m on their front and 5m on their back without aids. They must have knowledge of Breaststoke and be happy to swim out of their depth. Must Be 4 1/2+ yrs or attending school.
Beginner Front Crawl	09:00-09:30	This class is to improve a child's Front Crawl technique. Children must be in a Stage 2 - 4 class already. If not currently having lessons they should be able to swim 10m unaided on their front and on their back. Must be 4 1/2+ yrs or attending school.
Advanced Breaststroke	09:30-10:00	An advanced class to improve a child's Back Crawl technique. Children must be in a Stage 3-7 class already. If not currently having lessons they should be able to swim 25m unaided on their front and 10m unaided on their back. Must be 4 1/2+ yrs or attending school.
Advanced Butterfly	09:30-10:00	An advanced class to improve a child's Butterfly technique. Children must be in a Stage 4-7 class already. If not currently having lessons, they should be able to swim 50m unaided on their front and their back and have a knowledge of Butterfly.
Advanced Front Crawl	09:30-10:00	An advanced class to improve a child's Breaststroke technique. Children must be in Stage 4 - 7 class already. If not currently having lessons, They should be able to Swim 25m unaided on both their front & their back and must have a knowledge of Breaststroke. Must be 4 1/2+ yrs or attending school.
Rookies (Lifesaving)	10:00-10:30	Rookies is a fun life saving activity that everyone can learn. Children must be in a Stage 4-7 class already. If not currently having lessons, children should be able to swim 50m unaided on their front & back & have a knowledge of Breaststroke. They must also be happy to dive into the pool & dive down to the bottom of the pool.
Snorkelling	10:00-10:30	Looking to try something new or learn a new skill? Snorkelling is a fun activity for everyone to learn. Ideal if wanting to learn the basics. Children must be Stage 4+ level. If not in lessons, they should be able to swim 25m unaided on their front & back. OWN SNORKEL AND MASK ARE NEEDED.
Diving	10:00-10:30	Learn a new skill or gain extra confidence. This Diving course teaches all the skills needed to dive above and below the water. Children must be Stages 3-7 and must be confident in deep water.
Swim Academy Members		Non Swim Academy Members
5 Day Course: £40.00 4 Day Course: £32.00		5 Day Course: £50.00 4 Day Course: £40.00