

# What's On?

| 3 <sup>rd</sup> - 7 <sup>th</sup> August   | Time                       | Description   |
|--|----------------------------|---|
| <b>Beginners 1</b>                         | 08:30-09:00                | This course is for the complete beginner. It is a series of lessons to improve water confidence. Must be 4 ½ + yrs or attending school.   |
| <b>Beginners 2</b>                         | 08:30-09:00<br>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 ½ + yrs or attending school.   |
| <b>Stage 1</b>                             | 08:30-09:00<br>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 ½+ yrs or attending school.   |
| <b>Stage 2</b>                             | 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 Breaststroke and be happy to swim out of their depth. Must Be 4 ½+ yrs or attending school.   |
| <b>Beginner Front Crawl</b>                | 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 ½+ yrs or attending school.  |
| <b>Beginner Breaststroke</b>               | 09:00-09:30                | This class is to improve a child's Breaststroke 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 10m unaided on their back. Must be 4½+ yrs or attending school.                                      |
| <b>Advanced Breaststroke</b>               | 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 ½ yrs or attending school.                                      |
| <b>Snorkelling</b>                         | 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.<br><b>OWN SNORKEL AND MASK ARE NEEDED.</b> |
| <b>Diving</b>                              | 10:00-10:30                | Learn a new skill or gain extra confidence.<br>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.   |
| <b>Water Polo</b>                          | 10:00-10:30                | Looking to try something new or learn a new skill? Water polo is a team sport played in a swimming pool where players pass a ball and try to score goals. Children must be Stages 3-7 and must be confident in deep water.  |
| 24 <sup>th</sup> - 28 <sup>th</sup> August | Time                       | Description   |
| <b>Beginners 1</b>                         | 08:30-09:00                | This course is for the complete beginner. It is a series of lessons to improve water confidence. Must be 4 ½ + yrs or attending school.   |
| <b>Beginners 2</b>                         | 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 ½ + yrs or attending school.   |
| <b>Stage 1</b>                             | 08:30-09:00                | 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 ½+ yrs or attending school.   |
| <b>Beginner Front Crawl</b>                | 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 ½+ yrs or attending school.  |
| <b>Advanced Butterfly</b>                  | 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.  |
| <b>Advanced Front Crawl</b>                | 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 ½+ yrs or attending school.    |
| <b>Water Polo</b>                          | 10:00-10:30                | Looking to try something new or learn a new skill? Water polo is a team sport played in a swimming pool where players pass a ball and try to score goals. Children must be Stages 3-7 and must be confident in deep water.  |
| <b>Snorkelling</b>                         | 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.<br><b>OWN SNORKEL AND MASK ARE NEEDED.</b> |

**Book Now: 01403 247572**