

# SUMMER HOLIDAY SWIMMING LESSONS

25<sup>th</sup> July-29<sup>th</sup> July    1<sup>st</sup> August-5<sup>th</sup> August    8<sup>th</sup> August-12<sup>th</sup> August

15<sup>th</sup> August-19<sup>th</sup> August    22<sup>nd</sup> August-26<sup>th</sup> August

Please be aware that we can not guarantee that the instructors will remain the same throughout the holidays

## CHILDREN AGED 3 – 5 YEARS

### DUCKLINGS (Teaching Pool) 10:00 – 10:20

Monday, Wednesday & Friday only

- For children who have had their 3<sup>rd</sup> birthday and can not swim without buoyancy aids
- The children are taken into the water by the swimming teacher and **not by a parent/carer.**
- Buoyancy aids are provided.

### MINNOWS (Teaching Pool) 10:00 – 10:20

Tuesday & Thursday only

- For children who have had their 3<sup>rd</sup> birthday.
- Children attending Minnows must be able to swim a minimum of 3m without aids with their face in the water.
- The children are taken into the water by the swimming teacher and **not by a parent/carer.**

## CHILDREN AGED 5 YEARS AND OVER

### TADPOLES & MOORHENS (Teaching Pool) 09:30-10:00

For children **not** able to swim without buoyancy aids **AND** For children able to swim 3m front paddle & back paddle without buoyancy aids

### CYGNETS & PENGUINS (Teaching & Main Pool) 09:00-09:30

For children able to swim 5m front crawl (face down) and 5m back **AND** For children able to swim 10m front crawl (face down and breathing to the side) and 10m back crawl arms out of the water.

### PLATYPUS (Lane 1 Main Pool) 09:30-10:00

For children able to swim a minimum of 15m 'proper' front crawl and 15m back crawl.

### GOLDFISH (Lane 2 Main Pool) 09:30-10:00

For children able to swim a length both front and back crawl with good technique and are confident in deep water.

### DIVING (Main Pool) 09:00-09:30

For children who are able to comfortably swim 100m and are confident in deep water.

- ❖ All classes must be booked and paid for in advance - £6.80 per child per day.
- ❖ Children may attend for any day or any combination of days.
- ❖ Before booking for the first time a registration/medical form **MUST** be completed for each child.
- ❖ Classes will only run if sufficient numbers are enrolled onto them. If classes are cancelled due to insufficient numbers a full refund will be given.
- ❖ If classes have to be cancelled through no fault of ours e.g. a 'toilet accident' in the pool a credit will be made towards another lesson.

❖ No refunds are made for lessons missed or cancelled by you.