

Lots of  
splashing fun!!



## HOLIDAY FUN SWIMMING ACTIVITIES

Monday 25<sup>th</sup> July – 4<sup>th</sup> September 2016

### CHILDREN'S SWIMMING CRASH COURSE

Learn to swim or improve your swimming by attending a half hour lesson every day for one week, Monday to Friday.

A fantastic way to give your swimming a boost

Small classes arranged in according to ability. Cost: £30 members/ £32 for non-members. Or Why not try half hour private lesson tailored to your individual needs to help gain confidence or master a technique/skill that you are struggling with. £19 members/£20 non -members.



### FUN SWIM

Just turn up for some splashing fun with lots of pool toys: Mon, Tues, Wed, and Fri 11am – 1pm  
Wed and Thur 2pm – 4pm  
Sunday 11.30am – 3pm

### Under 5's Only Fun Swim

On Thursday, 12pm to 1pm, we will be holding a fun under 5's play swim with lots of toys to play with and the older kids out of the way!

### Try something Different!!

We are holding the following courses: **Rookie Life saving** – Learn how to keep safe and what to do in an emergency , **Snorkelling** - Get to grips using fins, breathing through a snorkel and clearing your mask ready for your holidays!! **Scuba diving** – Experience what it's like to breath under water with special designed tanks and qualified instructors!! **Synchronised** swimming – Love swimming ? Love dancing try this!! **Swim camp** – stay with us for the whole day with lots of swimming activities planned!!

### INFLATABLE FUN

Come and have a 'whale of a time' on our fantastic inflatable on Tuesday 2pm to 3pm or Friday 3pm to 4pm for children 8 to 12 year olds, or for our younger swimmers try out our Penny the Penguin inflatable Tuesday 3pm to 4pm or Friday 2pm to 3pm for children under 7 years with parents

