INTENSIVE SWIMMING LESSONS

Tuesday 1 June to Friday 4 June – Cost £26.30 Learner and Main pool (Min age 4)

Non-swimmer

Happy to go in with armbands.

5m+ Water confident, can swim 5-10m on front and back.

10m+ Can swim 10m on front and back and happy to put face in water.

25m+ Can swim 25m on front and back using a recognisable stroke.

50m+ Can swim 50m using a good front crawl, back crawl, and breast stroke.

0900 to 0930 Non-swimmer

0900 to 0930 10m+

0900 to 0930 25m+

0930 to 1000 5m+

0930 to 1000 10m+

0930 to 1000 25m+

1000 to 1030 10m+

1000 to 1030 50m+

Only one adult spectator per child allowed during lessons.





(Gym induction required first) Book during any scheduled gym session.

Booking terms and conditions

CLASSES, SWIMMING, GYM, COURTS, GYM INDUCTIONS OR ROOMS

- Payment must be made in full at time of booking
 Users and members are asked to notify us as soon as
- possible if attendance at a booked activity is not possible • Bookings can be cancelled at any time. No refund will be given for cancellations less than 24 hours before a booked
- activity

 Members who do not attend booked sessions will be required to pay the cost of a non-member at that session
- We reserve the right to refuse further bookings from anyone who repeatedly does not honour their booking or the terms and conditions
- Bookings can be made 8 days ahead.
- Children under 8 must be accompanied by an adult on the premises during all activities

ONLINE BOOKINGS

- Users/members must be registered, with a valid email address and issued with a unique PIN in order to be able to access the online booking portal. Please telephone and ask for your PIN and details
- We reserve the right to suspend an online booking account at any time

- Bookings can be made online up to 2 hours before the time of the booking. After that time bookings should be made over the phone
- Bookings can be cancelled online no later than 24 hours before the booking. After that time bookings must be cancelled over the phone
- Payments cannot be refunded online. Please call us to process your refund

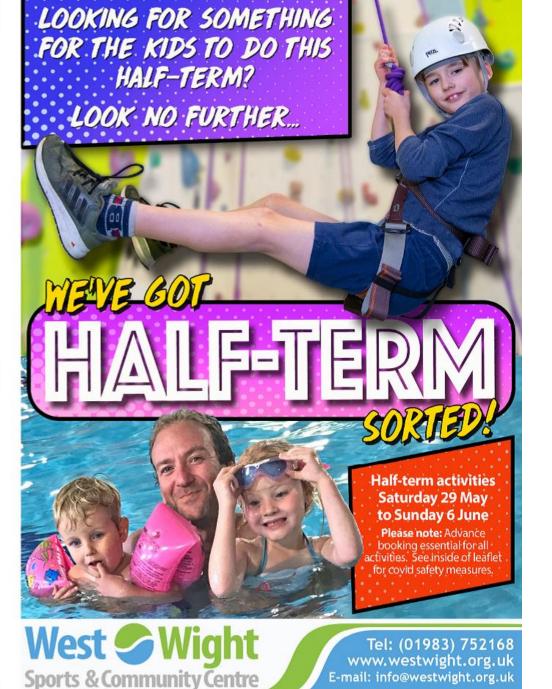
COURSES

- Courses (i.e. activities that are repeated over a period of time) cannot be booked online.
- · All courses must be paid for in full at time of booking
- In the event of a cancellation by a customer, full fee will be retained unless the place can be re-sold, in which case a refund of 80% of the fees or pro-rata if the course has commenced
- In the event of cancellation by us 100% refund will be issued or pro rata if the course has commenced
 We accept the following payment cards:

















HALF-TERM ACTUVUTUES

Saturday, 29 May - Sunday, 6 June

FUN HOUR

BOOKING ESSENTIAL

Sunday 30 May 1000 to 1100

Monday 31 May 1000-1100

Tuesday 1 June to Friday 4 June

1030 to 1130 Sunday 6 June

1000 to 1100



PRE-SAILING SKILLS

Saturday 29 May & Saturday 5 June 1500 to 1630 £25 per child

This is a perfect start for children, and in particular those who are complete beginners or are wary of capsizing. Sessions will cover rigging an oppie, some sailing knowledge, balance and steering games as well as capsize drill. Children must be able to swim 25m and can wear a wetsuit or t-shirt and shorts, with a buoyancy aid if they have one.

Children under 8 must be accompanied by an adult on the premises during all activities.

SWIMMING POOL BOOK ONLINE

To book online you need to register with us on 752168 and we will give you your PIN

CLIMBING LESSONS

PARENTAL CONSENT REQUIRED

Please arrive 5 mins before session time to fill out consent forms.

> 7-12 years £20 each session

Wednesday 2 June 1330 to 1500 – 7-12 yrs 1530 to 1700 – 7-12 yrs

Thursday 3 June 1330 to 1500 – 7-12 yrs 1500 to 1700 – 7-12 yrs

Friday 4 June 1330 to 1500 – 7-12 yrs 1530 to 1700 – 7-12 yrs

Covid safety measures

- All activities must be booked in advance.
- Swimming lessons can only be booked by phone.
- Do not arrive early.
- Please wear masks in the centre.
- Sanitise your hands on entry and exit and while in the building.
- Maintain social distancing at all times.
- The main pool is lane swimming only, except during Fun Hour.
 If you cannot swim lengths, please book the small pool.
- Swimmers should arrive 'swim ready' with costumes under their clothes.
- Shower with soap BEFORE swimming.
- Changing rooms will not be available to users of the sports hall.
- Please come dressed in your kit and bring your own rackets where possible.