



# MAY HALF TERM ACTIVITIES

## Swimming lessons 4-day week £33.00, Tues 26th-Fri 29th, May

### Learner Pool

**0900-0930 – Stage 1** – Non-swimmer – Happy to go in the water in armbands.

**0930-1000 – Stage 2** – Ready to swim without armbands.

**1000-1030 – Stage 3 – 5-10m** – Water confident, can swim 5-10m on front and back.

### Main Pool

**0900-0930 – 10m+** Can Swim at least 10m on front and back and happy to put face in water.

**0900-0930 – 25m+** Can swim at least 25m on front and back using a recognisable stroke.

**0930-1000 – 50m+** Can swim at least 50m using good front crawl, back crawl and breaststroke.

**0930-1000 – 100m+** Can swim at least 100m using good front crawl, back crawl and breaststroke



## Tuesday

**Snorkelling** – 1000-1100 – £6.55 – Must be able to swim at least 25m and be happy under the water.

**Youth Pickleball** – 1230-1330 – 13-17 years – £6.55 – Try this growing paddle sport that combines elements of badminton, tennis and table tennis.

**Climbing** – 1400-1500 – 7-12 years – £17.70 – A fun session suitable for all abilities. Waiver form will need to be completed.

**Climbing** – 1500-1600 – 7-12 years – £17.70 – A fun session suitable for all abilities. Waiver form will need to be completed.

## Wednesday

**Raft Racing** – 1000-1100 – 6-12 years – £6.55 – Fun and games in teams racing on our specially built rafts. Must be able to swim at least 50m.

**Climbing** – 1400-1500 – 7-12 years – £17.70 – A fun session suitable for all abilities. Waiver form will need to be completed.

**Climbing** – 1500-1600 – 7-12 years – £17.70 – A fun session suitable for all abilities. Waiver form will need to be completed.

**Non-Contact Youth Boxing** – 1300-1400 – 8-14 years – £6.55 – Non-contact boxing, offers a fun and challenging fitness experience for all abilities.

## Open Swim Sessions

No lanes, diving boards in use – great for a family swim session. Adults £6.90, Children/under 20's £3.20.



**Pre-Sailing Skills** – 1000-1200 – 7-12 years – £33.60 – Introduction to sailing skills in a safe and warm environment. Session includes dry sailing skills/games and pool work. Must be able to swim at least 25m.

Please bring your own buoyancy aid if you have one and a coat.  
Saturday 23rd May only.

## Fun Hours

Fun and floats in our pool. Under 8's MUST be accompanied in the water.  
£4.80.

Tuesday-Friday 1100-1200 (excluding Bank Holiday Monday 25th May.)  
Sundays 1000-1100.



## Thursday

**Diving** – 1000-1100 – £9.45 – Must be able to swim at least 25m, be happy underwater and be able to perform a headfirst entry into the pool.

**Youth Pickleball** – 1230-1330 – 13-17 years – £6.55 – Try this growing paddle sport that combines elements of badminton, tennis and table tennis.

**Climbing** – 1300-1400 – 7-12 years – £17.70 – A fun session suitable for all abilities. Waiver form will need to be completed.

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## Friday

**Mermaids Main Pool** – 1000-1030 – £6.55 – Must be able to swim at least 50m+ and happy under the water.

**Mermaids Small Pool** – 1030-1100 – £6.55 – Must be able to swim at least 25m+ and happy under the water.

**Rookie Lifesaving** – 1000-1100 – 8-12 years – £9.45 – A multi-sport session including Basketball, Soft Archery, Badminton, Table Tennis and Athletics.

**Soft Archery** – 1300-1400 – 7-12 years – £6.55 – An introduction to archery through games, using soft arrows.

**Youth Olympics** – 1400-1500 – 7-12 years – £6.55 – A multi-sport session including basketball, Soft Archery, Badminton, Table Tennis and Athletics.

## Saturday 23rd May only

**Pre-Sailing Skills** – 1000-1200 – 7-12 years – £33.60 – Introduction to sailing skills in a safe and warm environment. Session includes dry sailing skills/games and pool work. Must be able to swim at least 25m.

Please bring your own buoyancy aid if you have one and a coat.  
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