



## Summer Holiday Activities 29<sup>th</sup> July - 31<sup>st</sup> August 2019

**What can YOU and your KIDS do, during the Summer Holiday?**

- ➔ For the Kids - Why not try either our Intensive Course or just a Fun Swim
- ➔ For the Adults - There are Aerobics Classes and Leisure Swims
- ➔ For all the Family - There are Fun Swims !

### ➔ KIDS

1. The Intensive Swimming Courses are from Mon-Fri, for half an hour. This Intensive Format means that all children will improve their strokes over the week. \*\*Courses are filled, on a first come-first served basis.

Course	Day	Date	Time.	Cost
Intensive Crash Course (Begs to Imp)	Mon-Fri	29 <sup>th</sup> July - 2 <sup>nd</sup> Aug	10am, 10.30am, 11am, 11.30am	£ 55.00
Intensive Crash Course (Begs to Imp)	Mon-Fri	5 <sup>th</sup> Aug - 9 <sup>th</sup> Aug	10am, 10.30am, 11am, 11.30am	£ 55.00
Intensive Crash Course (Begs to Imp)	Tues-Fri	27 <sup>th</sup> Aug - 30 <sup>th</sup> Aug	10am, 10.30am, 11am, 11.30am	£ 44.00
Private Lessons (½ hr)	Any Day	29 <sup>th</sup> July - 6 <sup>th</sup> Sept	Agree a time with reception	£ 22.00

### ➔ ADULTS only

1. There are *Leisure* Swims - see below. Please Call to book into a session.
2. *Aerobics* are available to Adults - see below.  
Please 'book in advance', so we can check these times are suitable, in case any extra sessions are required.

Session	Day	Date	Time	Cost
Adult Leisure Swim	Wednesday & Thursday	31 <sup>st</sup> July, 7 <sup>th</sup> Aug, 28 <sup>th</sup> Aug 1 <sup>st</sup> Aug, 8 <sup>th</sup> Aug, 29 <sup>th</sup> Aug	8.00am - 9.00am	£3.00
Aerobics	Wednesday	31 <sup>st</sup> July, 7 <sup>th</sup> Aug, 28 <sup>th</sup> Aug	9.00am - 9.45am	£5.50

### ➔ FAMILY Fun Swims (Babies free)

During the Summer Holidays, there are lots of *Fun Swims for the Family*, in the mornings & afternoons. Everyone can have fun or swim! **Please call us to book places in advance or on the day**, to make sure you don't miss out! We will run extra fun swims during the day if there's space, so give a call !

Date	Time	Days	Cost
29 <sup>th</sup> July - 2 <sup>nd</sup> Aug	9-10am 12-1pm	Mon, Tues, Weds, Thurs, Fri Mon, Tues, Weds, Thurs, Fri	£3.00 each
5 <sup>th</sup> Aug - 9 <sup>th</sup> Aug	9-10am 12-1pm	Mon, Tues, Weds, Thurs, Fri Mon, Tues, Weds, Thurs, Fri	
27 <sup>th</sup> Aug - 30 <sup>th</sup> Aug	9-10am 12-1pm	Mon, Tues, Weds, Thurs, Fri Mon, Tues, Weds, Thurs, Fri	babies FREE