



JUNIOR INTENSIVE SWIMMING LESSONS

w/c 24 JULY & 31 JULY WITH JESS MILES

w/c 7 AUGUST WITH ROBYN WELLER

9.45 - 10.15am BEGINNERS

10.15 - 10.45am BEGINNERS

10.45 - 11.15am BEGINNERS

RECOMMENDED FOR NPTS STAGE 1-3

AGE 3 AND UPWARDS (FOR YOUNGER CHILDREN SPEAK TO US ABOUT ONE-TO-ONES)

SMALL GROUPS OF 4, WITH LIDO POOL ASSISTANTS IN THE WATER

AIM TO LEARN WATER SKILLS, INCREASE CONFIDENCE AND SWIM WITHOUT BUOYANCY AIDS

11.15 - 11.45am IMPROVERS

RECOMMENDED FOR NPTS STAGE 4-5

MAXIMUM 8 IN A CLASS, IN 4 LANES

AIM TO INCREASE DISTANCE AND IMPROVE COMPETENCY IN THREE STROKES

11.45am - 12.15pm ADVANCED

RECOMMENDED FOR NPTS STAGE 6 AND UPWARDS

MAXIMUM 8 IN A CLASS, IN 4 LANES

AIM TO IMPROVE STROKE TECHNIQUE, STYLE AND STAMINA

PLEASE CALL OR EMAIL US FOR A BOOKING FORM

COST £55 PER WEEK (MONDAY - FRIDAY)

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