

bstswimschool 
Easter
Swimming
Courses &
Activities
2017



mybst.org

BOOKINGS CAN BE TAKEN FROM WEDNESDAY 29th MARCH 2017

Crash Courses (4 Day Course)

Tuesday 18th - Friday 21st April Price: £20.00*

*Members
receive
10% discount

TEACHING POOL

08.30 - 09.00	Red Stage	5 years and over non-swimmers
09.00 - 09.30	Orange Stage	Pupils who are able to swim 2 metres on front & back without buoyancy aids
09.30 - 10.00	Pre-School Beginners	3 - 4 year old non-swimmers
09.30 - 10.00	Early Learners	4 - 5 year old non-swimmers
10.00 - 10.30	Red Stage	5 years and over non-swimmers

MAIN POOL

09.00 - 09.30	Yellow Stage	Pupils who are able to swim 5 metres front & back without Buoyancy aids.
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Junior Beginners Technical Workshops

Price: £6.50*
per session

Monday 10th April

Front Paddle

08.30 - 09.30 4/5 years

09.30 - 10.30 6+ years

Tuesday 11th April

Back Paddle

08.30 - 09.30 4/5 years

09.30 - 10.30 6+ years

Technical Workshops

Price: £6.50*
per session

(Green Stage / Level 4 or above)

For children who have learnt the basic stroke, but may be struggling with leg kick, breathing or timing. Workshops take place from :

Tuesday 18th - Friday 21st April

09.30 - 10.30

Tuesday	18th April	Frontcrawl	1 hour class
Wednesday	19th April	Breaststroke	1 hour class
Thursday	20th April	Backstroke	1 hour class
Friday	21st April	Butterfly	1 hour class

All courses are bookable in advance at reception on 01256 326331, or by calling the Swim School on 01256 302204.

snorkelling

Monday 10th & Tuesday 11th April

09.30 - 10.30 (2 day course)

For swimmers that can swim at least 25m frontcrawl with their face in the water, and are confident in deep water.

Price - £10.00 *



DISTANCE BADGE TESTING

Thursday 13th April

09.00 - 10.00 1 hour

100m+ distance

£3.50

10.00 - 10.30 ½ hour

Distance up to **100m**

£2.50



RLSS UK National Pool Lifeguard Qualification

Interested in becoming a lifeguard ?

This course requires that you are a competent swimmer, who is 16 or over and able to swim 100m whilst wearing shorts and a t-shirt.

Tuesday 18th - Sunday 23rd April 2017

08.30 - 17.00 Price: £210 Members / Students £200

For further information about our course dates, please check our website or contact **Steve James**

t: 01256 302225

e: steve.james@mybst.org



Fun Sessions in the Main Pool

Fun swim with play rafts

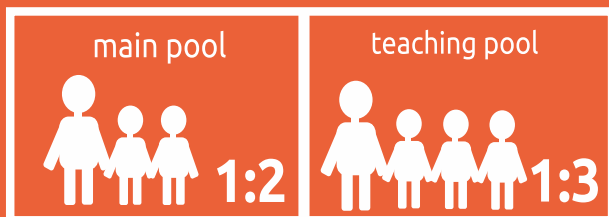
Wednesday	19th April	14.00 - 15.30
Saturdays	15th & 22nd April	14.45 - 16.45
Sundays	23rd & 30th April	10.00 - 12.00 13.30 - 15.25

Fun Inflatable Obstacle Course

Thursdays	13th & 20th April	10.40 - 11.45
Saturday	29th April	14.45 - 16.45



pool admission policy for children under 8



The under 8's supervision ratio must not exceed 1:2 for the main pool, and 1:3 for the teaching pool.

All children under the age of eight years must be accompanied in the water and changing rooms during public swimming sessions by a responsible person (16+ years).

The adult must remain within reaching distance of the child or children at all times. This is regardless of the swimming ability of the child. Weak and non swimmers must wear approved flotation devices, such as armbands, which can be purchased from the pool vending machines on level -1.

Basingstoke Sports Centre

Festival Place
Basingstoke
Hampshire
RG21 7LE

t: 01256 326331

e: enquires@mybst.org

e: dolphin@mybst.org

t: 01256 302204

[@bassportscentre](https://twitter.com/bassportscentre)

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