



bstswimschool

EASTER HOLIDAY 2019
Half Term Swimming
Courses & Activities

at Basingstoke Sports Centre

mybst.org

Crash Courses

Monday 8th April - Friday 12th April (5 Day Course) **Price: £25.00***

Monday 15th April - Thursday 18th April (4 Day Course) **Price: £20.00***

TEACHING POOL

08.30 - 09.00	Red Stage	5 - 8 years old 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 years old non - swimmers
09.30 - 10.00	Early Learners	4 - 5 years old non - swimmers
10.00 - 10.30	Red Stage	5 - 8 years old non - swimmers

MAIN POOL

09.00 - 09.30	Yellow Stage	Pupils who are able to swim 5 metres front & back without buoyancy aids
10.00 - 10.30	Red Stage	8 years old and over non - swimmers

Crash Course Lessons - daily lessons over 5/4 days aiming to kick start your child's confidence in the water and their swimming techniques.

Stroke Technique Workshops **Price: £6.50* per session**

For children who have learnt the basic stroke but may be struggling with leg kick, breathing or timing. These lessons are not part of a course and are booked separately.

Suitable for those at **Green level 4 stage** to **Purple level 7 Stage** on the Swim School programme.

Monday 15th April - Thursday 18th April **09.30 - 10.30**

Monday 15th April	Frontcrawl	1 hour class
Tuesday 16th April	Breaststroke	1 hour class
Wednesday 17th April	Backstroke	1 hour class
Thursday 18th April	Butterfly	1 hour class

All courses **MUST** be booked in advance at Reception on 01256 326331, or by calling the Swim School on 01256 302204.

Snorkelling

Tuesday 16th, Wednesday 17th & Thursday 18th April

09.30 - 10.30 (3 day course)

PRICE: £18.00*

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

Starts & Turns Workshop

Tuesday 9th & Wednesday 10th April

09.30 - 10.30 (2 day course)

PRICE: £13.00*

For swimmers who can swim 100m and are Aqua level 5 stage to Purple level 7 stage or Squad on the Swim School Programme.

Badge Testing

Wednesday 10th April

16.00 - 17.30

Up to 100m

PRICE: £2.50*

100m+

PRICE: £4.50*

Competitive Diving & Turns Workshop

Thursday 11th & Friday 12th April

09.30 - 10.30 (2 day course)

PRICE: £13.00*

For swimmers who can swim 100m and are Aqua level 5 stage to Purple level 7 stage or Squad on the Swim School Programme.

Timed Swims

Thursday 11th April

16.00 - 17.30

PRICE: £2.50*

25m, 50m & 100m

*** Members
receive a 10%
discount!**

Fun Sessions in the Main Pool

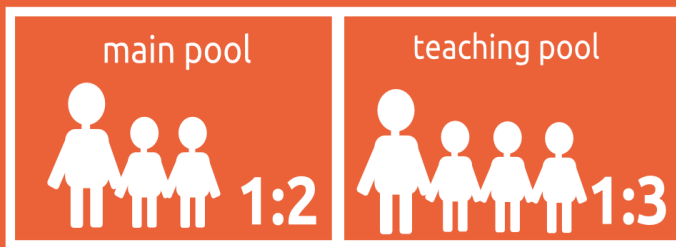
Fun Sessions with Play Rafts

Wednesdays	10th & 17th April	14.00 - 15.30
Saturdays	13th & 20th April	14.45 - 16.30
Sunday	14th April	10.00 - 12.00 & 13.30 - 15.30

Fun Inflatable "SPLASH WARRIOR" Sessions

Thursdays	11th & 18th April	10.45 - 11.45
Saturday	27th April	14.45 - 16.30

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

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