

bstswimschool 



February 2018
Half Term Swimming
Courses & Activities

mybst.org

Crash Courses

*Members receive
10% discount

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

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

🌊 Main Pool

5 day Crash Course 09.00 - 09.30 **Price: £25.00***

Monday 12th February to Friday 16th February

09.00 - 09.30	Yellow Stage	Pupils who are able to swim 5 metres front & back without buoyancy aids.
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🌊 Stroke Technique Workshops

09.30 - 10.30

Price: £6.50* *per session*

Tuesday	13 th February	Frontcrawl	1 hour class
Wednesday	14 th February	Breaststroke	1 hour class
Thursday	15 th February	Backstroke	1 hour class
Friday	16 th February	Butterfly	1 hour class

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.



For all pool sessions, please refer to the pool timetables at mybst.org/basingstoke

Teaching Pool (5 Day Courses)

Monday 12th February - Friday 16th February Price: £25.00*

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

RLSS UK National Pool Lifeguard Qualification

Interested in becoming a lifeguard? This course requires that you are a competent swimmer, 16 years and over and able to swim 100m whilst wearing shorts and a t-shirt.



Monday 12th February - Saturday 17th February 2018

08.30 - 17.00 daily Price: £210 Members/students Price: £200

For further information about our course dates, please check our website or contact **Gareth Lewis**

t: 01256 302219 e: gareth.lewis@mybst.org



Fun Sessions in the Main Pool

Fun Swim with Play Rafts

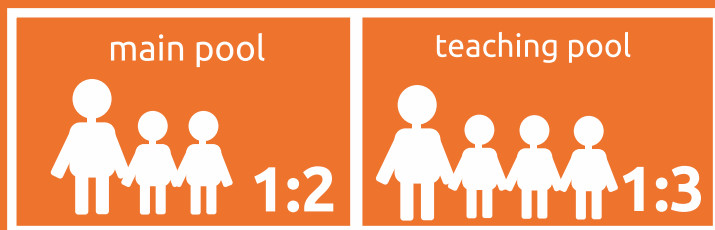
Wednesday 14th February 14.00 - 15.30
Saturday's 10th & 17th February 14.45 - 16.45
Sunday's 11th & 18th February 10.00 - 12.00 & 13.30 - 15.25



Fun Inflatable Session

Thursday 15th February
10.45 - 11.45

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 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

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