

A close-up photograph of a young boy with brown hair and eyes, wearing a bright blue swim cap. He is smiling slightly and looking towards the camera. The background is a soft, out-of-focus blue, suggesting an indoor swimming pool environment.

February 2019 Half Term Swimming Courses & Activities

at Basingstoke Sports Centre

mybst.org

Crash Courses (5 Day Course)

Monday 18th February - Friday 22nd February

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

TEACHING POOL

Price: £25.00*

08.30 - 09.00	Red Stage	5 - 8 years 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 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 and over non - swimmers

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

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.

Tuesday 19th February - Friday 22nd February 09.30 - 10.30

Tuesday 19th February	Frontcrawl	1 hour class
Wednesday 20th February	Breaststroke	1 hour class
Thursday 21st February	Backstroke	1 hour class
Friday 22nd February	Butterfly	1 hour class

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.

**NATIONAL POOL LIFEGUARD
QUALIFICATION**



**ROYAL
LIFE SAVING
SOCIETY UK**

at Basingstoke Sports Centre

Interested in becoming a lifeguard ?

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

**Monday 18th February -
Saturday 23rd February**

08.30 - 17.00 daily

Price:

£210 Non-Members

£200 Members & Students



For more information about our course dates , please check our website or contact **Gareth Lewis** 01256 302243 or email gareth.lewis@mybst.org

Fun Sessions in the Main Pool

Fun Sessions with Play Rafts

Wednesday 20th February 14.00 - 15.30

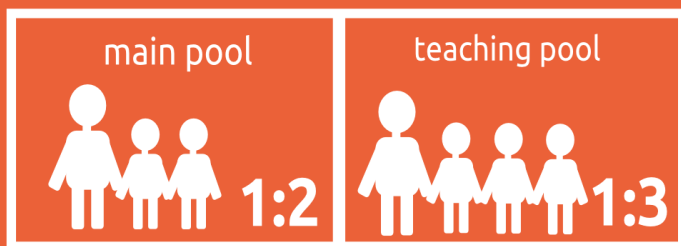
Sunday 24th February 10.00 - 12.00 & 13.30 - 15.25

Fun Inflatable "SPLASH WARRIOR" Sessions

Thursday 21st February 10.45 - 11.45

Saturday 23rd February 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

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Hampshire

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