



bstswimschool

May 2017 Half Term Swimming

Courses & Activities

mybst.org

Crash Courses (4 Day Course)

Tuesday 30th May - Friday 2nd June

*Members
receive
10% discount

TEACHING POOL

Price: £20.00*

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

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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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 30th May - Friday 2nd June

09.30 - 10.30

Tuesday	30th May	Frontcrawl	1 hour class
Wednesday	31st May	Breaststroke	1 hour class
Thursday	1st June	Backstroke	1 hour class
Friday	2nd June	Butterfly	1 hour class

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



RLSS UK National Pool Lifeguard Qualification



Interested in becoming a 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 30th May - Sunday 4th June 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

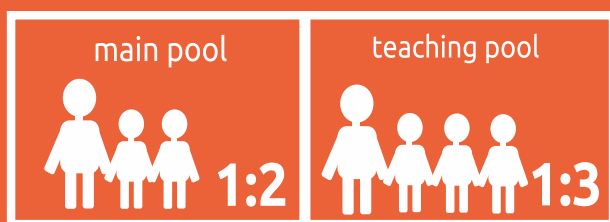
Wednesday 31st May	14.00 - 15.30
Saturday 3rd June	14.45 - 16.45
Sunday 4th June	10.00 - 12.00 & 13.30 - 15.30



Fun Inflatable Session

Saturday 27th May	14.45 - 16.45
Thursday 1st June	10.40 - 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 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

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