

HALF TERM

AT

bstswimschool
bstfitness, newbury 

mybst.org/bstswimschool

in conjunction
with



Crash Courses

Tuesday 31st May - Friday 3rd June

£18
4 days

LEVEL ONE (STANley)

10:00 - 10:30

For pupils aged 3 - 4 years who are non - swimmers, to develop basic swimming strokes and water safety skills with a mixture of fun and games.

LEVEL TWO (Octopus 1)

10:30 - 11:00

For pupils aged 5 years and over, who are non - swimmers, to develop basic movement and swimming skills using swimming aids, working towards 2 - 5 metre distances.

LEVEL THREE (Octopus 2/3)

11:00 - 11:30

For pupils aged 5 years and over. Aimed at pupils who are water confident. The aim is to develop basic movement swimming strokes, working towards the removal of swimming aids to a 5 metre distance.

LEVEL FOUR (Goldfish)

11:30 - 12:00

For pupils aged 5 years and over, developing further strokes and breathing techniques. Other aquatic skills are introduced into the syllabus to a 10 - 15 metre distance.

All classes are taught by our friendly, qualified instructors, with small class sizes to maximise your child's opportunity to learn. Children also receive a certificate upon completion of the course.



Adult Crash Courses

Tuesday 31st May - Friday 3rd June

LEVEL ONE

09.00 - 09:30

Any age, wanting to improve water confidence who are non - swimmers, and want to learn basic swimming strokes.

LEVEL TWO

09.30 - 10:00

Any age, wanting to improve technique and working on distance.

Did you know we also run term time classes, including Parent & Baby, 4 levels of Childrens Swim School, Adult Lessons and Private Classes?

Call us to book your space!

the team at Newbury:
01635 701100



mybst.org/bstswimschool