

bstswimschool 

learn to ●
SWIM
swimming lessons at **bstfitness**, Newbury





bstswimschool has been established for over 45 years, and has taught thousands of children to swim, being the most successful swim school in basingstoke.

The swim school is part of Basingstoke Sports Trust - a charitable organisation aimed at bringing affordable sport and fitness activities to local communities.

The pool at bstFitness is 1.2 metres deep, 16.5 metres long and three lanes wide (7m). The water is heated to a comfortable 29.5°C.

private lessons

1 to 1 Lessons
30 minutes
£ 15.50

2 to 1 Lessons
30 minutes
£ 21.00

starfish (parent and baby)



These parent and baby classes are split into three levels:

4 - 12 months

12 - 24 months

24 - 36 months

A 20 minute fun session designed to introduce your child to the water from an early age. This class aims to build water confidence for both adult and child. In the lesson, your child will learn basic swimming and safety skills through fun, games and songs.

Parents must stay
in the water at all times with the child.

The pool is 1.2 metres deep, so it is recommended that parents have the confidence to stand freely in the water, and take part in the activities as the lesson is going on. The teacher is there to assist and make sure the session is as fun and safe as possible.

Weekly classes, operating 39 weeks of the year.

starfish classes

£13.75/pm

Payment is made by a monthly direct debit to the swim school. When setting up a swim school membership, the first payment will need to be made over the telephone.

children's swimming lessons

bstswimschool swimming lessons are part of an exciting, motivational, interlinking and progressive Awards Programme that engages children at every stage of their development. All levels have clearly defined standards, teaching objectives and learning outcomes, and all levels incentivise and reward with colourful badges and certificates.



Level One
'STAnley's First Steps' Class
3-4 years, beginners

Developing basic swimming strokes and water safety skills with a mixture of fun and games.

AWARD: STAnley Achievement Award
PROGRESSION: Octopus Class



Level Two
The 'Octopus' Class
5+ years, beginners

Developing essential movement and swimming skills, working towards the removal of aids.

AWARD: 5 metre distance
PROGRESSION: Goldfish Class



Level Three
The 'Goldfish' Class
Improvers

Developing further strokes and breathing techniques. Other aquatic skills are introduced into the syllabus.

AWARD: 10 and 15 metre distance
PROGRESSION: Angelfish Class



Level Four
The 'Angelfish' Class
Stroke Development

Refining stroke techniques and breathing patterns. Skills such as sculling and entries into the water are performed.

AWARD: 20 and 25 metre distance
PROGRESSION: Please Enquire

Weekly classes, operating 45 weeks of the year.

Lessons are 30 minutes long, and children may join the programme at any time. On recommendation of teachers, pupils move up to the next level without having to wait until the end of term.

all children's classes

£21/pm

Payment is made by a monthly direct debit to the swim school. When setting up a swim school membership, the first payment will need to be made over the telephone.

**To get started,
you can join at the club
or call 01256 302204**

Call us now for more information or to get started on any of the classes available in this leaflet. The learn-to-swim programme is also available at **Basingstoke Sports Centre.**