

October 2017 Half Term Swimming

Courses & Activities

for more information, please pick up a leaflet or visit our website
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 23rd October to Friday 27th October

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	24th October	Frontcrawl	1 hour class
Wednesday	25th October	Breaststroke	1 hour class
Thursday	26th October	Backstroke	1 hour class
Friday	27th October	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.

Distance badge testing

Monday 23rd October

09.00 - 10.00	100m+ distance	1 hour	Price: £3.50
10.00 - 10.30	Distance up to 100m	½ hour	Price: £2.50

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

Teaching Pool (5 Day Courses)

Monday 23rd October - Friday 27th October 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 to swim 100m whilst wearing shorts and a t-shirt.



Monday 23rd October - Saturday 28th October 2017

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

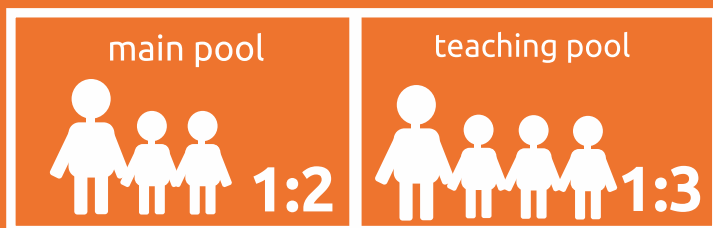
Wednesday 25th October	14.00 - 15.30
Saturday 21st October	14.45 - 16.45
Sundays 22nd & 29th October	10.00 - 12.00 & 13.30 - 15.25



Fun Inflatable Session

Thursday 26th October	10.45 - 11.45
Saturday 28th October	14.45 - 16.45

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

Festival Place
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