

# Half Term Crash Courses

Daily 25 minute lessons aiming to kick-start your child's confidence in the water whilst improving their swimming techniques.



## Monday 25th - Friday 29th October

5 day course **£27.50**

Main Pool		Teaching Pool	
15:00 - 15:25	15:30 - 15:55	15:00 - 15:25	15:30 - 15:55
<b>Yellow</b> Learning to swim 10m Frontcrawl & Backstroke	<b>Orange</b> Learning to swim 5m Front & Back unaided	<b>Red</b> Non Swimmers 5+ years	<b>Early Learners</b> Non Swimmers 3-5 years

## Stroke Workshops

15:00 - 15:55

55 minute lessons **£7each**

This 55 minute session is designed for those in Green/Stage 4 & above. Daily sessions will focus on different strokes & their components to gain rapid improvement.

Monday	Tuesday	Wednesday	Thursday	Friday
Butterfly	Backstroke	Breaststroke	Frontcrawl	Individual Medely

To book please call Swim School on 01256 302204 or email [dolphin@mybst.org](mailto:dolphin@mybst.org)

