

Summer Crash Courses

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



Mon - Fri 5 day courses **£27.50** **26th July - 20th August**

Tues - Fri 4 day courses **£22.50** **24th August - 3rd Sept**

Main Pool	
15:00 - 15:25	15:30 - 15:55
Yellow Learning to swim 10m Frontcrawl & Backstroke	Orange Learning to swim 5m Front & Back unaided
Green Learning to swim up to 50m Frontcrawl, Backstroke & Breaststroke	Yellow Learning to swim 10m Frontcrawl & Backstroke

Teaching Pool	
15:00 - 15:25	15:30 - 15:55
Red Non Swimmers 5+ years	Early Learners Non Swimmers 4-5 years
Orange Learning to swim 5m Front & Back unaided	Pre-school Non Swimmers 3-4 years

Stroke Workshops

15:00 - 15:25

55 minute lessons £7 each

This 55 minute session is designed for those in Aqua/Stage 5 & above. Daily sessions will focus on different strokes & their components to gain rapid improvement.

Monday	Tuesday	Wednesday	Thursday	Friday
Butterfly	Backstroke	Breaststroke	Frontcrawl	Individual Medley

To book please call Swim School
on **01256 302204** or email
dolphin@mybst.org

