

A young girl with brown hair, wearing black swimming goggles and a black swimsuit, is splashing in clear blue water. She has a joyful expression and her arms are outstretched. The background is a vibrant blue pool of water with many white water droplets suspended in the air around her.

bstswimschool

Easter 2018

Swimming

Courses & Activities
mybst.org

Crash Courses

Tuesday 3rd - Friday 6th April (4 Day Course) Price: £20.00*

Monday 9th - Friday 13th April (5 Day Course) Price: £25.00*

TEACHING POOL

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

MAIN POOL

09.00 - 09.30	Yellow Stage	Pupils who are able to swim 5 metres front & back without buoyancy aids.
09.00 - 09.30	8+ Red Stage	8 years and over non-swimmers (4 day course only 3 rd to 6 th April)

Stroke Technique Workshops

Price: £6.50* *per session*

Tuesday 3rd - Friday 6th April

09.30 - 10.30

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.

Tuesday	3rd April	Frontcrawl	1 hour class
Wednesday	4th April	Breaststroke	1 hour class
Thursday	5th April	Backstroke	1 hour class
Friday	6th April	Butterfly	1 hour class

*Members receive 10% discount

Crash Course Lessons - daily lessons over 4/5 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.

snorkelling

Tuesday 10th, Wednesday 11th
& Thursday 12th April

09.30 - 10.30 (3 day course)

For swimmers that can swim at least 25m frontcrawl with their face in the water, and are deep water confident.

Price - £18.00 *



DISTANCE BADGE TESTING

Monday 9th April

09.00 - 10.00 1 hour

100m+ distance

£3.50

10.00 - 10.30 ½ hour

Distance up to **100m**

£2.50



April Course is Fully Booked,
Book Early for our May Course.

RLSS UK

National Pool Lifeguard Qualification

Interested in becoming a lifeguard ?

This course requires that you are a competent swimmer, who is 16 years or over and able to swim 100m whilst wearing shorts and a t-shirt.

Tuesday 29th May -

Sunday 3rd June

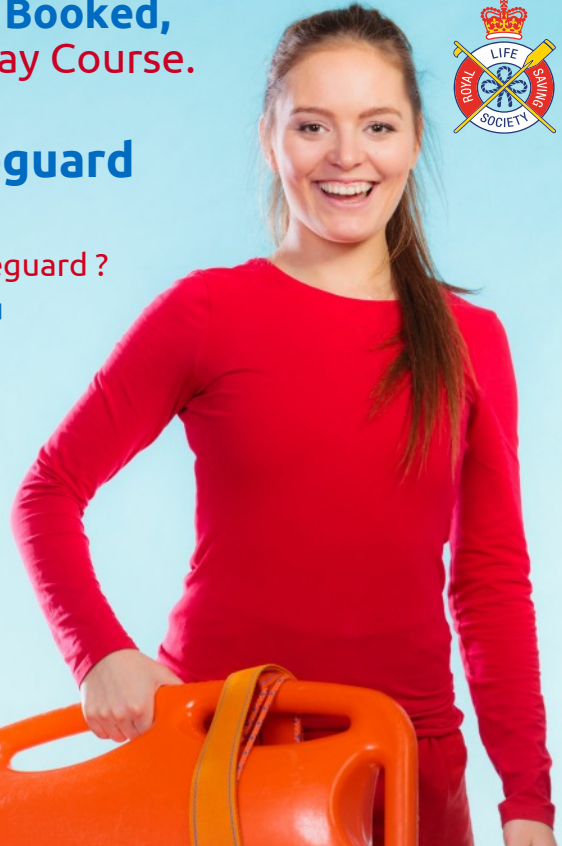
08.30 - 17.00 daily

Price:

£210 Non-Members

£200 Members

& Students



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

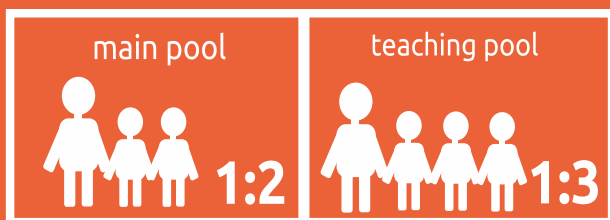
Wednesdays	4th & 11th April	14.00 - 15.30
Saturdays	7th & 14th April	14.45 - 16.45
Sundays	8th & 15th April	10.00 - 12.00 13.00 - 15.25

Fun Inflatable Obstacle Course

Thursdays	5th & 12th April	10.45 - 11.45
Saturday	31st March	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 years 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

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t: 01256 302204

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