

SUMMER HOLIDAY 2010

SWIMMING POOL CLASSES



Week 1	5th July	Mon.	10.00 – 10.45	Flipper / Snorkel Session
	6th July	Tue.	10.00 – 10.45	Personal Survival
	7th July	Wed.	10.00 - 10.45	Water Circuits
	8th July	Thur.	10.00 – 10.45	Under 5's
	9th July	Fri.	10.00 - 10.45	Distance Badges
	5th -9th July	5 days	11.00 – 11.45	Swimming Lessons
Week 2	12th – 16th July	5 days	10.00 – 10.45	Rookie Lifesaving
	12th – 16th July	5 days	11.00 – 11.45	Swimming Lessons
Week 3	19th July	Mon.	10.00 – 10.45	Personal Survival
	20th July	Tues.	10.00 - 10.45	Distance Badges
	21st July	Wed.	10.00 – 10.45	Flipper / Snorkel Session
	19th – 21st July	3 days	11.00 – 11.45	Under 5's
Week 4	26th-30th July	5 days	10.00 – 10.45	Canoeing
	26th-30th July	5 days	11.00 – 11.45	Swimming Lessons
Week 5	2nd – 6th Aug	5 days	10.00 – 10.45	Canoeing
	2nd – 6th Aug	5 days	11.00 – 11.45	Swimming Lessons
Week 6	9th – 13th Aug	5 days	10.00 – 10.45	Rookie Lifesaving
	9th – 13th Aug	5 days	11.00 – 11.45	Swimming Lessons

Prerequisites:- Personal Survival, Flipper & Snorkels, Rookie, Water Circuits and Canoeing - children must be 8 years old and able to swim 1 length and tread water for 30 seconds.
 Distance Badges – must be 7 years old and able to swim 1 length and tread water for 30 secs.
 Under 5's – must be accompanied in the water by a parent/ guardian

Charges - £14.00 per week. All week long classes should be paid in full on the Monday apart from the canoeing which should be paid in advance when making the booking.

The various one day classes, held on the weeks beginning 5th and 19th July, are £2.80 per day.

Booking – Please book in advance for all classes as classes will not go ahead unless there are at least 4 children booked on the night preceding the class.

Slainte Mhath members are entitled to 2 free blocks of swimming lessons, 1 block of free canoe lessons and free access to all other classes.

Phone 01870 603526 to book