

INTENSIVE SWIMMING COURSES

Improve your child's swimming this summer with our intensive week course's and workshops to help build their water confidence and technique. These courses are proven to give a real boost towards their next badge! Please bring a water bottle.

See reception for more information 01403 787500

28th July – 1st August (Stage 1-4)

Stage 1: 10:30 – 11:00am

Stage 2: 10:30 – 11:00am

Stage 3: 11:00 – 11:30am

Stage 4: 11.00 – 11.30am

Price: £40 for the course

Monday

Front crawl workshop Stage 4+

11.30-12.30pm Price: £12

Water skills workshop Stage 3+ 11.30-12.30pm Price £12 (bring pyjamas)

Tuesday

Backstroke workshop Stage 4+

11.30-12.30pm Price: £12

Distance Badge Session stages 1-5 11.30-12.30pm Price £6 includes badge/certificate (bring water bottle)

Wednesday

Water Polo workshop Stage 3+

11.00-12 noon Price £12

(hat needed)

Thursday

Breaststroke workshop Stage 4+ 11.30-

12.30pm Price: £12

Friday

Beginners Diving stage 4+

11.30-12.30pm Price: £12

Butterfly workshop Stage 4+

11.30-12.30pm Price £12

ITEMS TO BRING TO LESSONS:

Swimming hat

Nose clip if needed

Snorkel if needed

Water bottle

Pyjamas if needed

4th August – 8th August (Stage 1-4)

Stage 1: 10:30 – 11:00am

Stage 2: 10:30 – 11:00am

Stage 3: 11:00 – 11:30am

Stage 4: 11.00 – 11.30am

Stage 5&6: 11.30-12 noon

Price: £40 for the course

Monday

Snorkelling workshop Stage 4+

11.30-12.30pm Price: £12 (bring snorkel)

Tuesday

Beginners Diving stage 4+

11.30-12.30pm Price: £12

Wednesday

Synchro/artistic workshop Stage 4+

11.30-12.30pm Price: £12 (bring nose clip)

Off the Blocks Stage 5+

11.00-11.30am Price: £6

Thursday

Diving Improvers workshop Stage 4+

11.30-12.30pm Price: £12

Friday

Multi Skills Workshop Stage 5+

11.30-12.30pm Price: £12

(polo, rookie, lifesaving)

(bring hat, pyjamas)

TO BOOK OR FOR MORE INFORMATION

Please call Billingshurst Leisure
Centre on 01403 787500

INTENSIVE SWIMMING COURSES

Improve your child's swimming this summer with our intensive week course's and workshops to help build their water confidence and technique. These courses are proven to give a real boost towards their next badge! Please bring a water bottle.

See reception for more information

11th August – 15th August (Stage 1-4)

Stage 1: 10:30 – 11:00am

Stage 2: 10:30 – 11:00am

Stage 3: 11:00 – 11:30am

Stage 4: 11.00- - 11.30am

Price: £40 for the course

Monday

Butterfly workshop Stage 4+ 11.30-12.30pm Price £12

Frontcrawl workshop Stage 4+ 11.30-12.30pm Price: £12

Tuesday

Butterfly workshop Stage 4+

11.30-12.30pm Price £12

Backstroke workshop Stage 4+

11.30-12.30pm Price: £12

Wednesday

Off the Blocks Stage 5+

11.30-12.30pm Price: £12

Competitive Starts Workshop Stage 7+

11.30-12.30pm Price: £12

Thursday

Diving Beginners Stage 5+

11.30-12.30pm Price: £12

Water Safety Workshop Stage 3+

11.30-12noon Price: £6 (bring pyjamas)

Friday

Diving Improvers Stage 5+

11.30-12.30pm Price: £12

Duckling Taster Session

Ages 2-4rs (pre school)

11.30-12noon Price: £6

18th August – 22nd August

Tuesday – Distance badge session

10.30-12noon – all distances

Wednesday – Water Polo workshop

Stage 3+ 11-12noon Price: £12

25th – 29th August (Stage 1-4 & transition)

Stage 1: 10:30 – 11:00am

Stage 2: 10:30 – 11:00am

Stage 3: 11:00 – 11:30am

Stage 4: 11.00-11.30am

TRANSITION COURSE: 11.30-12.30pm

(age 4+ and Helper in water)

Price: £40 for the course

Monday – Stage 5 11.30-12.30pm Price: £12

Tuesday – Stage 6 11.30-12.30pm Price: £12

Wednesday – Rookie Taster Session Stage 5+ Price: £6

Thursday – Stage 7 & 8 11.30-12.30pm Price: £12

Friday – Beginners Diving Stage 5+

11.30-12.30pm Price: £12

ITEMS TO BRING TO LESSONS:

Swimming hat

Nose clip if needed

Snorkel if needed

Water bottle

Pyjamas if needed

TO BOOK OR FOR MORE INFORMATION

Please call Billingshurst Leisure
Centre on 01403 787500

