

Water bottle

Pyjamas if needed



INTENSIVE SWIMMING COURSES

me

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

28 th July – 1st ^d August (Stage 1-4)	4 th August – 8 th August (Stage 1-4)
Stage 1: 10:30 – 11:00am	Stage 1: 10:30 – 11:00am
Stage 2: 10:30 – 11:00am	Stage 2: 10:30 – 11:00am
Stage 3: 11:00 – 11:30am	Stage 3: 11:00 – 11:30am
Stage 4: 11.00 – 11.30am	Stage 4: 11.00 – 11.30am
Price: £40 for the course	Stage 5&6: 11.30-12 noon
	Price: £40 for the course
Monday	
Front crawl workshop Stage 4+	Monday
11.30-12.30pm Price: £12	Snorkelling workshop Stage 4+
Water skills workshop Stage 3+ 11.30-	11.30-12.30pm Price: £12 (bring snorkel)
12.30pm Price £12 (bring pyjamas)	
	Tuesday
Tuesday	Beginners Diving stage 4+
Backstroke workshop Stage 4+	11.30-12.30pm Price: £12
11.30-12.30pm Price: £12	
Distance Badge Session stages 1-5 11.30-	Wednesday
12.30pm Price £6 includes badge/certificate	Synchro/artistic workshop Stage 4+
(bring water bottle)	11.30-12.30pm Price: £12 (bring nose clip)
	Off the Blocks Stage 5+
Wednesday	11.00-11.30am Price: £6
Water Polo workshop Stage 3+	Thermodern
11.00-12 noon Price £12	Thursday
(hat needed)	Diving Improvers workshop Stage 4+
Thursday	11.30-12.30pm Price: £12
Breaststroke workshop Stage 4+ 11.30-	Friday
12.30pm Price: £12	Multi Skills Workshop Stage 5+
	11.30-12.30pm Price: £12
Friday	(polo, rookie, lifesaving)
Beginners Diving stage 4+	(bring hat, pyjamas)
11.30-12.30pm Price: £12	
Butterfly workshop Stage 4+	TO BOOK OR FOR MORE
11.30-12.30pm Price £12	
	INFORMATION
	Please call Billingshurst Leisure
ITEMS TO BRING TO LESSONS:	Centre on 01403 787500
Swimming hat	
Nose clip if needed	
Snorkel if needed	





England

INTENSIVE SWIMMING COURSES

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11 th August – 15 th August (Stage 1-4)	18 th August – 22 nd August
Stage 1: 10:30 – 11:00am	
Stage 2: 10:30 – 11:00am	Tuesday – Distance badge session
Stage 3: 11:00 – 11:30am	10.30-12noon – all distances
Stage 4: 11.00 11.30am	Wednesday – Water Polo workshop
Price: £40 for the course	Stage 3+ 11-12noon Price: £12
	Stage 3+ 11-12110011 Frice. E12
Monday	anth anth August
Butterfly workshop Stage 4+ 11.30-	25 th – 29 th August
12.30pm Price £12	(Stage 1-4 & transition)
Frontcrawl workshop Stage 4+ 11.30-	Stage 1: 10:30 – 11:00am
12.30pm Price: £12	Stage 2: 10:30 – 11:00am
	Stage 3: 11:00 – 11:30am
Tuesday	Stage 4: 11.00-11.30am
Butterfly workshop Stage 4+	
11.30-12.30pm Price £12	TRANSITION COURSE: 11.30-12.30pm
Backstroke workshop Stage 4+	(age 4+ and Helper in water)
11.30-12.30pm Price: £12	Price: £40 for the course
11.30 12.30pint fiee. 212	Thee. 240 for the course
Wednesday	Monday – Stage 5 11.30-12.30pm Price: £12
Off the Blocks Stage 5+	Tuesday – Stage 6 11.30-12.30pm Price: £12
11.30-12.30pm Price: £12	Wednesday – Rookie Taster Sesson Stage
Competitive Starts Workshop Stage 7+	5+ Price: £6
11.30-12.30pm Price: £12	Thursday – Stage 7 & 8 11.30-12.30pm
	Price: £12
Thursday	Friday – Beginners Diving Stage 5+
Diving Beginners Stage 5+	11.30-12.30pm Price: £12
11.30-12.30pm Price: £12	
Water Safety Workshop Stage 3+	ITEMS TO BRING TO LESSONS:
11.30-12noon Price: £6 (bring pyjamas)	Swimming hat
	Nose clip if needed
Friday	Snorkel if needed
Diving Improvers Stage 5+	Water bottle
11.30-12.30pm Price: £12	Pyjamas if needed
Duckling Taster Session	- Junas n neodod
Ages 2-4rs (pre school)	
11.30-12noon Price: £6	TO BOOK OR FOR MORE
	INFORMATION
	Please call Billingshurst Leisure
	Centre on 01403 787500
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