



1610

# SUMMER ACTIVITIES 2022

*Fantastic  
holiday activities  
guaranteed to keep  
boredom at bay!*

**DORCHESTER SPORTS CENTRE**

Coburg Road, Dorchester DT1 2HR

T 01305 858400

**BOOK EARLY!**



[www.1610.org.uk](http://www.1610.org.uk)



# SUMMER ACTIVITIES 2022

DORCHESTER SPORTS CENTRE

## PRAMA.KIDS

Monday: 25th July  
1st/8th/15th/22nd August

Time: 2.15-3pm Age: 6-12yrs

£5

A unique interactive fitness and play experience that is non-stop fun!



## ROOKIES LIFESAVING

Monday 25th July/8th//22nd August

Time: 3-3.45pm

£7

Find out if you've got what it takes to be lifeguard as you're put through your paces in this fun session!\*



## TRAMPOLINING

Wednesday: 3rd/10th/24th August

Time: 1.15-2pm • 5-9yrs  
2-2.45pm • 10-16yrs

£7

Bounce around and learn some new moves with our Trampoline coaches!



## INTENSIVE SWIM LESSONS

Following the Swim England Learn to Swim Programme

Monday - Thursday

Week 1: 8th - 11th August

Week 2: 29th August - 1st September

> 8.00 - 8.30am • Stage 2

> 8.30 - 9.00am • Stage 1

>> 9.00 - 9.30am • Total Beginners

£25 COURSE



## LEARN 2 DIVE

£7

Monday 25th July / Thursday 4th / Tuesday 9th

Wednesday 24th August Time: 8-8.30am

Thursday: 18th August

Time: 10-10.30am

A fun session designed to help you improve your diving\*.



## FRONTCRAWL & BACKSTROKE

Technique

Monday 25th July 8.30 - 9am

Thursday 18th August 10.30 - 11am

£7

Focus on improving your stroke technique with expert guidance from our swim instructors\*.



## Kids YOGA



Tuesday: 9th & 24th August

Time: 9.15-10am

£5

Relax and stretch yourself with different poses and positions in our Kids Yoga sessions.



## STARTS & TURNS

£7

Tuesday: 9th August

Time: 8.30-9am

A session designed to focus on practicing and improving those all important starts and turns\*.



## Kids AQUA BOARDS

Ages 8-15yrs

Wednesday: 3rd/10th/17th/  
24th/31st August

Time: 11.15-11.45am /  
11.50am - 12.20pm

£5



## Kids MARTIAL ARTS

Thursday: 28th July  
4th/11th/18th August

Time: 10.30-11.15am Age: 6-12yrs

£5

A fun session teaching a variety of martial arts techniques.



## BUTTERFLY & BREASTSTROKE

Technique

Thursday: 4th August

Wednesday: 24th August

Time: 8.30-9am

£7

Focus on improving your stroke technique with expert guidance from our swim instructors\*.



## PAY & PLAY



Monday - Friday: 25th July - 26th August

Time: 9am-12pm

£1 PER CHILD  
(unless privately booked pitch)



GIVE US A CALL ON 01305 858400 FOR MORE INFO OR TO BOOK!

\*Children must be able to swim 15 metres.

\*50% OFF FOR SWIM LESSON MEMBERS

1610 Rainbow Swim Academy



Following the

Learn to Swim  
Programme

# JUNIOR SWIM LESSONS

- 2 FREE lessons per year (T&C's apply)
- FREE swim hat for selected age groups
- Lessons for all ages (0-99 years)
- All equipment provided\*
- Easily manage payments through our DD scheme
- Lessons all year round

**FREE!**

swimming during Public sessions included in your Junior Swim Lessons membership!



# FUN 'n' FLOATS

We've got fantastic fun-packed Fun 'n' Floats sessions running daily throughout the summer!

» Check online for session times



A whole summer of fun!



For more info: T 01305 858400 [www.1610.org.uk](http://www.1610.org.uk)