

SUMMER HOLIDAY ACTIVITIES 2024

INTENSIVE SWIM LESSONS

 Following the **Swim England** Learn to Swim Programme



Monday - Thursday

5th - 8th August &
26th - 29th August

£30
COURSE

- >> 8.00 - 8.30am ◦ Total Beginners
- > 8.30 - 9.00am • Stage 1
- > 9.00 - 9.30am • Stage 2

Work on the skills needed to pass your swim stage with a week of intensive lessons!



INFLATAFUN SESSIONS

Monday 29th July, 5th/12th/19th August • 1.00 - 1.50pm 4-7yrs • 2.00 - 2.50pm 8-16yrs

Tuesday 30th July, 6th/13th/20th/27th August • 12.10- 1.00pm 8-16yrs

Thursday 1st/8th/15th/22nd/29th August • 12.10- 1.00pm 8-16yrs

Friday 2nd/9th/16th/23rd/30th August • 10.10- 11.00am 8-16yrs

>> Join us a for a fantastic fun session on our new giant inflatable assault course!



£7

SWIM & SPORT MORNINGS **£30**

Tuesday 30th July, 6th, 13th, 20th, 27th August

Thursday 25th July, 1st, 8th, 15th, 22nd, 29th August



Join Robert and Darcie for action-packed mornings from **9.00am - 1.00pm** featuring an Inflatable session, followed by football or rounders on the AGP then Stroke Technique and/or Learn 2 Dive to finish! Ages 8yrs +

LEARN 2 DIVE

£7

Friday 26th July, 2nd,
9th, 16th, 23rd, 30th August

Time: 8.00 - 8.30am

Stage 2 & above

Join Penny for fun session designed to help focus on and improve your diving.



STROKE Technique

£7

Friday 26th July, 2nd,
9th, 16th, 23rd, 30th August

Time: 8.30 - 9.00am Stage 2 & above

Work with Penny to improve and refine your stroke with great technique!



PRAMA.KIDS

Thursday: 25th July

8th/22nd August

Time: 2-2.45pm Age: 6-12yrs

£5

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



Kids MARTIAL ARTS

Thursday: 1st/15th

29th August

Time: 2-3pm Age: 6-12yrs

£5

A fun session teaching various martial arts techniques.



family

ZUMBA



Thursday: 25th July,

£5

1st/8th/15th/22nd August

Time: 9.15-10am Age: 6-12yrs

Join the party with our Zumba dance workout session! (price includes parent & child).



ROOKIE TASTER

SESSIONS

Wednesday 31st July,

7th/14th/21st/ 28th August

Time: 2-2.45pm Age: 10yrs +

£7

Find out if you've got what it takes to be a lifeguard in this fun session with Linda.



SUMMER HOLIDAY

FUN 'n' FLOATS

Kids go for just

» £2.00! «

Throughout the Summer holiday!

Advanced booking recommended!



PRIVATE

SWIM LESSONS

SUMMER OFFER

BOOK A BLOCK OF 4 LESSONS FOR £65

• Offer runs from 24th July - 1st September, and all sessions must be redeemed within this time.

• Enquire via email to dorchester@1610.org.uk



*50% OFF FOR SWIM LESSON MEMBERS

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