

SUMMER HOLIDAY ACTIVITIES 2025

INTENSIVE SWIM LESSONS



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

**Monday - Thursday
11th - 14th August**

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

- » 2.00 - 2.30pm • Total Beginners
- » 2.30 - 3.00pm • Stage 1
- » 3.00 - 3.30pm • Stage 2

£30
COURSE



INFLATAFUN SESSIONS

SLIP & SLIDE INTO SUMMER HOLIDAY
FUN AS YOU TAKE ON OUR GIANT
INFLATABLE ASSAULT COURSE!

**WEDNESDAY 30th July,
6th, 13th, 20th, 27th August**

11.05 - 11.50am • Ages 4-7yrs
12.00 - 12.50pm • Ages 8-16yrs

**FRIDAY 1st, 8th,
15th, 22nd, 29th August**

11.00 - 11.50am • Ages 4-7yrs
12.00 - 12.50pm • Ages 8-16yrs

£7



FUN 'n' FLOATS



Sessions running everyday
throughout the Summer
holiday – check the app
or website for times!



Kids go for just

» **£2.00!** «

Throughout the Summer!

PRAMA.KIDS

Monday: 28th July
4th, 11th, 18th, 25th August

Time: 2.00-2.45pm **Age:** 6-12yrs **£5**

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



LEARN 2 DIVE

£7

Beginners

Tuesday 29th July,
5th, 12th, 19th, 26th August

Time: 11.00 - 11.30am

Stage 2 & above (must be confident in deep water)

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



FRONT CRAWL & BACKSTROKE

Technique

Tuesday 29th July, 5th,
12th, 19th, 26th August

Time: 11.30am - 12.00pm **Stage 2 +**

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



INTRODUCTION TO

COMPETITIVE DIVING

£7

Tuesday 29th July, 5th,
12th, 19th, 26th August

Time: 12.00am - 12.30pm

Stage 4 +

Get off to a great start with your competitive diving!



ROOKIE LIFEGUARD

Tuesday 29th July, 5th,
12th, 19th, 26th August

Time: 1.00-4.00pm **Age:** 10yrs +

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



COMPETITIVE DIVING

FOR CLUB SWIMMERS

Friday 1st, 8th, 15th,
22nd, 29th August

Time: 9.00 - 9.30am

Club Swimmers

A session designed to focus on diving aimed at Club swimmers.



BUTTERFLY & BREASTSTROKE

Technique

Friday 1st, 8th, 15th,
22nd, 29th August

Time: 9.30 - 10.00am

Stage 2 +

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



STARTS & TURNS

£7

Friday 1st, 8th, 15th,
22nd, 29th August

Time: 10.00 - 10.30am **Stage 2 +**

Work on those all important starts and turns with guidance from our instructors.



*50% OFF FOR SWIM LESSON MEMBERS

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