



1610

# SUMMER ACTIVITIES 2021

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

**DORCHESTER SPORTS CENTRE**

Coburg Road, Dorchester DT1 2HR

T 01305 858400

**BOOK EARLY!**



# SUMMER ACTIVITIES 2021

DORCHESTER SPORTS CENTRE

## NPLQ COURSE



Mon 26th - Fri 30th July  
9.30am - 5.30pm • Age: 16yrs+

**£260**  
COURSE

Start your career in leisure with our National Pool Lifeguard Qualification



## INTENSIVE SWIM LESSONS

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

**£30**  
COURSE

**Monday - Thursday** > 8.00 - 8.30am • Stage 2  
 Week 1: 26th - 29th July  
 > 8.30 - 9.00am • Stage 1  
 Week 2: 9th - 12th August  
 >> 9.00 - 9.30am • Total Beginners  
 Week 3: 23rd - 26th August



## Kids MARTIAL ARTS

**Monday:** 26th July  
2nd/9th/16th/23rd August

**Thursday:** 29th July  
5th/12th/19th August  
**Time:** 11am-12pm **Age:** 6-12yrs



## Kids AQUA BOARDS

**Tuesday:** 27th July  
3rd/10th/17th/24th August  
**Time:** 10.30-11am / 11.10 - 11.40am

**Friday:** 30th July  
6th/13th/20th/27th August  
**Time:** 11.30am-12pm / 12 - 12.30pm



## PRAMA.KIDS

**Wednesday:** 28th July  
4th/11th/18th August  
**Time:** 2-3pm **Age:** 6-12yrs

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



## Kids YOGA

**Wednesday:** 28th July  
4th/11th/18th/25th August  
**Time:** 11.15am-12pm **Age:** 6-12yrs

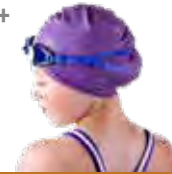
Stretch yourself in our Kids Yoga sessions.



## STARTS & TURNS

**Wednesday:** 28th July / 11th August  
**Time:** 9-9.30am • Stage 3 +

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



## LEARN 2 DIVE

**Wednesday:** 28th July 4th/11th/18th/25th August  
**Time:** 8.30-9am • Stage 2 +  
**Wednesday:** 4th/18th August  
**Time:** 9-9.30am • Stage 2 +

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



## TECHNIQUE SESSIONS

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

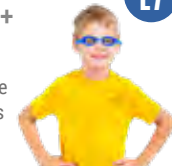
**Butterfly** Wednesday 28th July • 8.00-8.30am • Stage 3 +  
**Front Crawl** Wednesday 4th August • 8.00-8.30am • Stage 2 +  
**Front Crawl** Wednesday 11th August • 8.00-8.30am • Stage 2 +  
**Breaststroke** Wednesday 18th August • 8.00-8.30am • Stage 2 +  
**Front Crawl** Wednesday 25th August • 8.00-8.30am • Stage 2 +



## ROOKIES LIFESAVING

**Thursday** 29th July 12th/26th August  
**Time:** 3-3.45pm • Stage 3 +

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



## FINESSE YOUR STROKES

**Wednesday** 25th August  
**Time:** 9-9.30am • Stage 3 +

Work on the finer points of stroke technique with our instructors to help take your swimming to the next level\*.



## DISTANCE MORNING

**Friday** 30th July & 27th August

9.30 - 10am • Stage 5/6/7  
10 - 10.45am • Stage 1

10.45 - 11.30am • Stage 2  
11.30am - 12pm • Stage 3/4



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  
**Swim England** 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)