

SUMMER HOLIDAY INTENSIVE **PROGRAMME**

Mon 28 july – Thurs 31st july

COST £50.00 (4 DAYS) 45 Min Lessons

3 Hours Swimming

- 1) A Great Introduction to our ‘Learn To Swim’ Programme for ‘Newbies’ to Waves.**
- 2) A Progressive Programme for Advancement in Swimming for our Current Pupils.**
- 3) Manageable Day to Day Swimming Lessons, (Ideal for those wishing to progress over a shorter period of time).**
- 4) Gentle Progressive Techniques, Watermanship Skills, Fun Activities, Make New Friends!**

LESSON TIMES:

09.00 - 09.45am – All Abilities Welcome !

09.45 - 10.30am – All Abilities Welcome !

10.30 - 11.15am – All Abilities Welcome !

11.15 - 12.00pm – Lengths Programme Only.

Lengths - Introducing Techniques on Strokes, Including Diving, Survival Skills, Also Games and Activities to add to the Fun!

We will also be Introducing Mono Fins for Stroke and Underwater Skills.

**PLEASE MESSAGE ME AS SOON AS POSSIBLE
TO RESERVE YOUR PLACE !**

PLEASE TEXT/CALL TONY (07960 578318)

(Email: tonyross62@icloud.com)

PAYMENT DETAILS

N & T SWIM SCHOOL

BANK: NAT WEST

ACCOUNT: 78869633

SORT CODE: 51-70-14