SWIM SCHOOL SHORT COURSES AT HIGHGROVE POOL

February Half Term

Monday 12th February – Friday 16th February Daily: **09:45-10:15 & 10:45-11:15**

Foundation – non swimmer

This course is suitable for swimmers who are <u>not</u> <u>confident</u> in the water and <u>ages 4+</u> lessons will consist of structured play to help encourage confidence and ease with the water.

Frequently asked questions

- Course will take place in shallow water in small groups of up to 1:6.
- Course will run Monday-Friday at the same time for 30min.
- Cost for the whole course is £29.25.

February Half Term

Monday 12th February – Friday 16th February Daily: 10:15-10:45

Foundation – top up

This course is suitable for swimmers who can <u>swim 3</u> <u>metres unaided</u> and are <u>aged 4+</u>. all lessons will consist of structured tuition to improve swimming ability on the front & back.

Frequently asked questions

- Course will take place in shallow water in small groups of up to 1:6.
- Course will run Monday-Friday at the same time for 30min.
- Cost for the whole course is £29.25.

