

# SUMMER HOLIDAY SWIMMING AT ASPIRE NORMANTON

This summer, take to the water with our summer holiday swimming programme at Normanton Leisure. Our sessions are designed to improve aquatic skills through lessons, fun games and activities. Please note, all sessions require prior booking.

To book your place, speak to a member of staff today!



## FAST TRACK PRE SCHOOL (2-3 YEARS)

Take the first steps of learning to swim with our fast track swimming lessons. Lessons aim to develop aquatic skills and stroke through fun games and activities.

**Price:** £19.80

**When:** Wednesday 27 - Friday 29 July, 1:00pm - 2:00pm or 2:00pm - 2:30pm

**Course Requirements:** 3 consecutive days / Parent / carer support required in water



## FAST TRACK BEGINNERS (5 YEARS+)

Take the first steps of learning to swim with our fast track swimming lessons. Lessons aim to develop aquatic skills and stroke through fun games and activities.

**Price:** £33

**When:** Monday 1 - Friday 5 August, 1:30pm - 2:00pm or 2:00pm - 2:30pm

Monday 8th - Friday 12 August, 1pm - 1:30pm or 1:30pm - 2:00pm

**Course Requirements:** 5 consecutive days



## WATER SAFETY

Learn the basics of personal survival, perform basic water safety techniques and simple rescues! Suitable for children aged 5 years+ (who can swim at least 10m).

**Price:** £33

**When:** Monday 8 - Friday 12 August, 2:15pm - 3:00pm

**Course Requirements:** Participants must be able to travel 10m



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SUMMER SWIMMING PROGRAMME 2022

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Aspire  
HEALTH