

Swimming crash courses

The Kings School Recreation Centre is expanding the swimming crash course programme during school holidays. All children must be 4 years of age. The competitive swimming programme (see below) is suitable for the King's School of Swimming children. All enrolments will be on a first come, first served basis. **Payment is required at the time of booking.**

Time of sessions: Half-hour (one hour for synchronised swimming) sessions will be allocated between 9-11am approximately 7- 10 days prior to the start date (telephone call or email). In order to meet requests and plan the pool lay-out according to ability, **there can be no guarantee of a specific time slot.**

Dates:

Half term: Mon 15th – Fri 19th Feb (5 days)

Easter: Tues 6th – Fri 9th April (4 days)

Spring half term: Tues 1st – Fri 4th June (4 days)

Summer: Mon 26th – Fri 30th July (5 days)

Summer: Mon 2nd – Fri 6th Aug (5 days)

Summer: Mon 23rd – Fri 27th Aug (5 days)

Half term: Tues 26th – Fri 29th Oct (4 days)

Courses: A, B, C, D, G, J

Courses: A, B, C, E, H

Courses: A, B, C, F, I

Courses: A, B, C, D, G, J

Course: K only

Courses: A, B, C, E, H

Courses: A, B, C, F, I

Key to classes:

Course A Non-swimmer (Stage 1) - Complete and/or nervous beginner

Course B Non-swimmer (Stage 2) - Confident beginner

Course C Improver (Stage 3) - Able to swim 5m on front (with face in water) and back

Course D Advanced Improver (Stages 4 – 6) - Front crawl and back crawl and early diving practices

Course E Advanced Improver (Stages 4 – 6) - Emphasis on Breaststroke and early diving practices

Course F Advanced Improver (Stages 4 – 6) - Emphasis on Butterfly and early diving practices

Course G Competitive Swimming (Stages 7 – 10) - Front crawl & Back crawl including starts and turns

Course H Competitive Swimming (Stages 7 – 10) - Emphasis on Breaststroke including starts and turns

Course I Competitive Swimming (Stages 7 – 10) - Emphasis on Butterfly including starts and turns

Course J Competitive (and preliminary) start award

Course K Synchronised Swimming - Ages 8 to 13 yrs (ability Stage 7+)

Prices:	4 day	5 day	Syncho
Platinum	£18.50	£23.00	£25.00
Gold	£19.50	£24.50	£26.50
Silver	£23.50	£29.50	£31.50
Non-member	£31.00	£39.00	£41.00

Additional swimming camps for school of swimming members and other swimming clubs are available on the following dates (further details available from reception).

Tuesday 13th – Wednesday 14th April. Easter skills ages 8-12 years

Friday 27th – Saturday 28th August - Emphasis on starts and turns – 8-13 years

Tuesday 28th – Thursday 30th December – Winter training course for 9-18 years (two groups).

For any further information please contact reception, or email p.murray@kingsrecreation.co.uk or s.smith@kingsrecreation.co.uk