



February Half Term Activities

SURF N TURE
SUPERVISED DIVING
DIVING TASTER SESSIONS
1-1 SWIMMING LESSONS
AQUA TUBE
ROOKIE LIFEGUARD
AND LOTS MORE!

TAKE A LOOK INSIDE FOR MORE DETAILS!

Monday 17th February -Friday 21st February 2020

Swimming Activities

Surf n Turf

Wednesday 19th February 2020

11am-1pm

Age 8-11 years

Instructor led games in the studio for 1 hour followed by pool activities for 1 hour.
£4.50 per booking

Swim for £1

Holders of the Junior Leisure Card can come and swim for £1 in Half Term.

Supervised Diving

(6+ years, must be able to swim 25m, under 8's must be accompanied by an adult on poolside)

10 minute safety instruction, 45 minute Diving Session

Mon 17th/Tue 18th/Thur 20th/Fri 21st

2-3pm

Payment required at the time of booking.

During school holidays our Session Manager System will be in operation and colour bands are issued to help prevent queues at peak times.

Swimming Activities

Diving Taster Session

Thursday 20th /Friday 21st February

(8+ years)

3.15-4pm

An opportunity to try a diving lesson. Our qualified diving coaches will introduce the basics of learning to dive from poolside and 1m springboard.

No experience needed, age 8+ needs to be able to swim 25m and confident in deep water.

Free funded sessions *booking is required.*

1-1 Swimming Lessons

A block of x5 20 minute 1-1 sessions £52.50

Mon 17th– Friday 21st February

Sessions available between 9am-12pm

Rookie Lifeguarding

Monday 17th– Friday 21st February. £40

3-4pm (8-12 years)

This gives your child the skills they need to be confident in the pool or the sea, with colorful materials and fun, varied activities, the Rookie Lifeguard scheme teaches children how to swim and enjoy water safely, whether in shallow or deeper water. Basic Poolside rescue and First Aid is covered. Please bring t-shirt & shorts, pj's work best!

All activities are subject to minimum numbers to go ahead.
Booking at reception or over the phone at both sites CEMIP and LPSC
All payments must be made at the time of booking.

Timetable Changes

Adult Swimming & Additional Needs

Will take place in the 20m Pool
12 noon-1pm (shared use)

Leisure Swim

Monday-Friday 1-7pm
The 20m Pool (1m depth) is available

Parent and Toddler

Monday-Friday 9-11.30am
20m Pool no instructor (1m depth)
Older siblings up to the age of 8yrs allowed in the pool.

Crèche

Available throughout the week.
Older siblings up to the age of 8 years old are welcome to attend.

Aqua Tube

Open Monday-Friday from 10.30am-7pm

Please Note: Additional Teen Fit Session times have been added to our Gym programme throughout the Half Term Holiday.

The Half Term Timetable is subject to changes at the Management Discretion.