

## MAY 2009 NEWSLETTER - No.4



### PAYMENT DUE FOR FEES

The last swimming lessons this side of the half-term break ends on Saturday 23<sup>rd</sup> May. Swimming lessons start back the week commencing Monday 1<sup>st</sup> June and run for 8 weeks.

A payment of £40.00 will be due to be paid before your child's first lesson back.

**Thank-you.**



### HALF-TERM HOLIDAY COURSES

During half-term we will be running various week long courses and some one-off workshops – there is something for everyone!

These are some of the sessions we have on offer :-

INTRO TO DEEP END \*\*\* FUN & GAMES \*\*\* WATER

POLO \*\*\* LIFESAVING \*\*\* SYNCHRONISED

SWIMMING \*\*\* DIVING \*\*\* LEARN THE IM \*\*\*

STARTS & TURNS

Full programme information attached and on display in the Reception area.



### PYJAMA PARTY

We're having a Party!

**Saturday 30<sup>th</sup> May 9.00 am - 12 noon.**

Open to all swim academy students and their parents - Admittance **FREE** for children enrolled in

Swim Academy classes – must wear PJ's!

Adults and friends admitted at regular price.



### WHACKY RACES

On Bank Holiday Monday - 25<sup>th</sup> May - we have two sessions of "Whacky Races"

The session will be a series of fun races in the pool.

**9.45 - 10.45 am for Ducklings, Stage 1,2 & 3 swimmers**

**11.00 - 12.00 noon for stages 4 + swimmers**

**£5.00 each session.**

Children under 8 must be accompanied in the water by an adult (adult fee included in the entrance fee)

Thank you all for your continued support – happy half-term!



### DROP-IN ADULT TRIATHLON TRAINING SESSIONS

Need to practice your triathlon skills?

We now hold drop-in adult triathlon training sessions on Saturday mornings.

**The sessions run from 7.30 - 9 am and cost £7.50 each.**

During the sessions we cover all aspects of triathlon from swimming and transitions to running and bike handling.

For more information or to book in please see Martin or ask at Reception.



### LADIES RUN ACADEMY

Learn to run & have fun!

8 week course starting Monday May 18<sup>th</sup>

Cost - £30.00

**BEGINNERS - 6.00 - 7.00 pm**

**INTERMEDIATES - 7.00 - 8.00 pm**

The sessions will include some focus on good techniques, training drills and the technical side to running.

Ask at Reception for more information and to book your place.

### NEW LUNCHTIME CARDIO STUDIO CLASS



Cardio conditioning.  
An aerobic class to tone and strengthen the whole body.  
**Fridays 12.00 - 12.45 pm.**

### SUMMER 5K ROAD RUN SERIES

June 4<sup>th</sup>, July 2<sup>nd</sup>, August 6<sup>th</sup>  
@ 7.30 pm

A flat 3 lap course on Burnham's South Esplanade.  
Come run, volunteer or cheer!  
Entrance forms available at Reception.