



SWIM ACADEMY NEWSLETTER EASTER 2009



APRIL NEWSLETTER – No.3

SUMMER TERM DATES

Summer term swimming lessons commence the week beginning Monday 20th April and finish the week ending Saturday 25th July. There are no swimming lessons during half term (Monday 25th May – Sunday 31st May inclusive) There are 5 weeks in the first half term and 8 weeks in the second half term.



PAYMENT REMINDER

A payment of £25.00 is now due for the 1st half term of the summer term swimming lessons. Please make payment at Reception before your child's 1st lesson back. The second payment of £40.00 will be due after half-term. **Many thanks.**

EASTER TIME-TABLE

A revised swimming pool time-table is now available for the Easter holidays. Please ask at Reception.

EASTER SWIMMING OPPORTUNITIES

During the half-term holiday week we are running Stroke Technique Clinics, Introduction to Deep Water Lessons, Competitive Start dive classes, Fun & Games Sessions, Water Skills Courses, Life-Saving and Junior Triathlon Workshops.

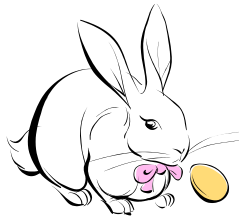
Water skills Awards compliment the skills developed in the National Plan for Teaching Swimming, helping to develop watermanship, confidence, versatility, skills and endurance and are suitable for swimmers at all stages.

Your swimming teacher will advise you of the course most suitable for your abilities. Please complete and return the slip with payment to Reception to book your place.

FREE SWIM FOR ACADEMY SWIMMERS

As an Easter gift to you all, Academy swimmers will be able to come for a complimentary swim on Saturday 11th April or Monday 13th April, between 9am – 12 noon and "dive" for an Easter Egg. Adults and friends welcome – general admittance fees will apply. Swimmers will receive their free pass during the last week of classes (30th – 4th April)

Times may be restricted if maximum numbers are exceeded. Under 8's policy will apply.



NEW SHOP LINES

We now stock technical wear from Craft for all your swim, bike, run & cross-training needs. Also new summer range of men's & ladies running apparel from Brooks now in stock.

NEW ACADEMY SWIM CAPS

Back in stock ... Academy swim caps in black, white and **new** colour silver. Please ask at Reception or in the Shop.

TRIATHLON ACADEMY – ADULT & JUNIOR

The Triathlon Academy operates alongside the Swimming Academy and runs during term time. Each session is an hour long and covers all aspects of triathlon from swimming and transitions to running and bike handling.

JUNIOR CLASSES –

WEDS 4.00 – 5.00 pm 8 – 10 yr olds

WEDS 5.00 – 6.00 PM 11 – 15 yr olds

****NEW**** SATS 10.30 – 11.30 am 11 – 15 yr olds

ADULT CLASSES –

SATS 8.00 – 9.00 am

EVENTS

JUNIOR SPLASH N DASH

APRIL 19TH

10 & Unders: 75m swim & 750m Run

11 & Overs 150m swim & 1500 Run

15 + can compete in the Academy's 1000m, 10K **Aquathlon** on the same day

Entry Forms at reception

This is a fun event. All children welcome (must be able to swim 75m or 150 m without stopping)

CARDIO STUDIO CLASSES

Check out the wide range of classes we have available in the Cardio Studio – Pilates, Spinning, Step & Abs, Total Body Conditioning, Legs Bums & Tums, 50+Shape & Tone & Circuit Training. Full programme available from Reception.



EASTER COURSES AVAILABLE TO ALL CHILDREN

YOU DO NOT NEED TO BE A MEMBER OF THE

SWIM ACADEMY TO JOIN IN



PLEASE CONTACT RECEPTION ON 01278 785909 TO BOOK A PLACE