

**INTENSIVE
CLASSES**

x 3 lessons

£21

Stanley Octopus
Goldfish Angelfish

DIVING
BEGINNER &
IMPROVER
£11.50



SNORKELLING
FOR BEGINNERS
£12.50

CLINICS

Breast Stroke / Back Stroke / Front
Crawl / Competitive Turns

£11.50 EACH

**PRIVATE
TUITION**
£19

**CLASSES
FOR
BABIES &
TODDLERS**

0-6 months
6-12 months
1 - 2 years
2 - 3 years

£7.50
EACH



c. Amy Pilkington



EASTER ACTIVITIES

Water Lilies Swimming School

Join Water Lilies Swimming School during the Easter school holiday for great activities in the pool

Please see the timetable overleaf and contact us in the **Water Lilies Swimming School** office to book.

Call us on: 01379 740489

treacle@waterliliesswim.co.uk

www.waterliliesswim.co.uk



c. Underwater Art



BUNGA Y

WEEK 1	Tuesday 31 st March		Wednesday 1 st April		Thursday 2 nd April		
9.30am	Starfish 0 - 6mths	Private Tuition	---	---	---	---	---
10.00am	Stanley Int (A)	Goldfish Int (A)	Stanley Int (A)	Goldfish Int (A)	Stanley Int (A)	Goldfish Int (A)	Private Tuition
10.30am	Octopus Int	Angelfish Int	Octopus Int	Angelfish Int	Octopus Int	Angelfish Int	Private Tuition
11.00am	Goldfish Int (B)	Stanley Int (B)	Goldfish Int (B)	Stanley Int (B)	Goldfish Int (B)	Stanley Int (B)	Private Tuition
11.30am	CLINIC: Breast Stroke		Starfish 1-2 years	Private Tuition	---	---	---
12 noon			---		---	---	---

WEEK 2	Tuesday 7 th April		Wednesday 8 th April			Thursday 9 th April		
9.30am	Stanley 2 - 3yrs	Private Tuition	---	---	---	---	---	---
10.00am	Stanley Int (C)	Goldfish Int (C)	Stanley Int (C)	Goldfish Int (C)	Private Tuition	Stanley Int (C)	Goldfish Int (C)	Private Tuition
10.30am	Octopus Int	Angelfish Int	Octopus Int	Angelfish Int	Private Tuition	Octopus Int	Angelfish Int	Private Tuition
11.00am	Goldfish Int (D)	Stanley Int (D)	Goldfish Int (D)	Stanley Int (D)	SNORKELLING	Goldfish Int (D)	Stanley Int (D)	Private Tuition
11.30am	CLINIC: Back Stroke		Private Tuition	Private Tuition	for Beginners	---	---	---
12 noon			---	---	---	---	---	---

REDLINGFIELD POOL

WEEK 1	Tuesday 31 st March	Wednesday 1 st April	Thursday 2 nd April
1.00pm	Stanley Intensive	---	---
1.30pm	Octopus Intensive	Starfish 0 – 6 months	---
2.00pm	Goldfish Intensive	Starfish 6 – 12 months	---
2.30pm	---	Starfish / Stanley 18 – 36 months	---
4.00pm	---	Stanley Intensive	Stanley Intensive
4.30pm	---	Octopus Intensive	Octopus Intensive
5.00pm	---	Goldfish Intensive	Goldfish Intensive

WEEK 2	Wednesday 8 th April	Thursday 9 th April	Friday 10 th April
1.30pm	Starfish 0 – 6 months	---	---
2.00pm	Starfish 6 – 12 months	---	---
2.30pm	Starfish / Stanley 18 – 36 mths	---	---
4.00pm	Stanley Intensive (Group A)	Stanley Intensive (Group A)	Stanley Intensive (Group A)
4.30pm	Octopus Intensive	Octopus Intensive	Octopus Intensive
5.00pm	Goldfish Intensive	Goldfish Intensive	Goldfish Intensive
5.30pm	Stanley Intensive (Group B)	Stanley Intensive (Group B)	Stanley Intensive (Group B)

HARLESTON

WEEK 1	Monday 30 th March			Tuesday 31 st March			Wednesday 1 st April		
9.00am	Stanley Int (Group A)	Angelfish Int (Group A)	CLINIC: Breast Stroke	Stanley Int (Group A)	Angelfish Int (Group A)	DIVING Beginner	Stanley Int (Group A)	Angelfish Int (Group A)	Private Tuition
9.30am	Octopus Int (Group A)	Goldfish Int (Group A)		Octopus Int (Group A)	Goldfish Int (Group A)		Octopus Int (Group A)	Goldfish Int (Group A)	Private Tuition
10.00am	Goldfish Int (Group B)	Octopus Int (Group B)	SNORKELLING for Beginners	Goldfish Int (Group B)	Octopus Int (Group B)	CLINIC: Front Crawl	Goldfish Int (Group B)	Octopus Int (Group B)	Private Tuition
10.30am	Stanley Int (Group B)	Goldfish Int (Group C)		Stanley Int (Group B)	Goldfish Int (Group C)		Stanley Int (Group B)	Goldfish Int (Group C)	Private Tuition
11.00am	Octopus Int (Group B)	Goldfish Int (Group D)	Private Tuition	Octopus Int (Group B)	Goldfish Int (Group D)	Private Tuition	Octopus Int (Group B)	Goldfish Int (Group D)	Private Tuition
11.30am	Stanley Int (Group C)	Octopus Int (Group C)	Private Tuition	Stanley Int (Group C)	Octopus Int (Group C)	Private Tuition	Stanley Int (Group C)	Octopus Int (Group C)	Private Tuition

WEEK 2	Tuesday 7 th April			Wednesday 8 th April			Thursday 9 th April		
9.00am	Stanley Int (Group D)	Angelfish Int (Group B)	CLINIC: Back Stroke	Stanley Int (Group D)	Angelfish Int (Group B)	Stanley Int (Group D)	Angelfish Int (Group B)	CLINIC: Competitive Starts and Turns	
9.30am	Octopus Int (Group D)	Goldfish Int (Group E)		Octopus Int (Group D)	Goldfish Int (Group E)	Octopus Int (Group D)	Goldfish Int (Group E)		
10.00am	Goldfish Int (Group F)	Octopus Int (Group E)	Private Tuition	Goldfish Int (Group F)	Octopus Int (Group E)	Goldfish Int (Group F)	Octopus Int (Group E)	DIVING Improver	
10.30am	Stanley Int (Group E)	Goldfish Int (Group G)	Private Tuition	Stanley Int (Group E)	Goldfish Int (Group G)	Stanley Int (Group E)	Goldfish Int (Group G)		
11.00am	Octopus Int (Group F)	Goldfish Int (Group H)	Private Tuition	Octopus Int (Group F)	Goldfish Int (Group H)	Octopus Int (Group F)	Goldfish Int (Group H)	Private Tuition	
11.30am	Stanley Int (Group F)	Octopus Int (Group G)	Private Tuition	Stanley Int (Group F)	Octopus Int (Group G)	Stanley Int (Group F)	Octopus Int (Group G)	Private Tuition	

COURSE DETAILS

Intensive Lessons

Our popular short intensive 3 day swim courses really help children to build confidence and improve technique. It has been proven that children learn and retain new skills more easily over short, intensive periods of time.

Stanley (Suitable for under 5s)

Octopus (School age beginners / non-swimmers)

Goldfish (Advanced beginners can swim 5-10m front and back)

Angelfish (Improvers)

£21 for three 1/2 hour lesson

Baby & Toddler Classes

The **STA Starfish** and **Stanley 2-3yrs** Awards are suitable for introducing babies and toddlers from as young as 6 weeks up to three years to swimming in a safe and supportive environment.

£7.50 per 1/2 hour class

Private Tuition

In a quiet environment with little distraction booked at a convenient time to suit you. Private tuition for children and adults.

£19 per 1/2 hour (1:1 or 2:1)

COURSE DETAILS continued...

CLINICS

**Breast Stroke, Back Stroke,
Front Crawl,
Competitive Starts & Turns**

One-hour sessions to improve the efficiency of the stroke through streaming and ironing out any technical difficulties. The session will include starts, turns and finishes according to your child's ability. **£11.50 per hour**

DIVING Beginner & Improver

Designed to give pupils an early introduction to diving skills. It will provide under water confidence, body awareness and develop skills for springing, preparing the diver to progress to advanced skills.

£11.50 per hour

SNORKELLING for Beginners

You will learn the basics of snorkelling at these beginner sessions.

£12.50 per hour including hire of equipment

Also booking: **PRIVATE TUITION** in Redlingfield & Pulham Market pools and **PRIVATE HIRE** at the lovely Redlingfield pool. Please contact Water Lilies Swimming School office to enquire & book.

We're booking NOW for Summer Term swimming lessons!

We teach excellent **STA Learn to Swim** lessons at lovely heated private pools in Harleston, Bungay, Pulham Market, Redlingfield, Quidenham, Shelfanger, Burgh St Peter and Holton. More fantastic new pools coming later in 2015 too! STA classes for all ages and abilities: babies from 6 weeks old, under 5's, school age beginners and improvers. Guaranteed small groups for school age classes. Please contact us for more details!

Easter 2015 Booking Form

Child's Name

.....

Address

.....
.....
.....

.....Postcode.....

Email:

.....

Contact Tel.....

D.O.B.

Medical/Learning Difficulties

.....

COURSE: _____

POOL: _____

DATE/S: _____

TIME: _____

Payment:

I enclose a cheque*/cash for amount of
£..... to secure my place on the above
course/s.

Parent/Carer Signature

.....

SORRY NO BOOKINGS WITHOUT PAYMENT

*There is a 50p charge for cheques.

**You can also pay by CARD by phoning
the office on 01379 740489**

Return together with payment to: Water Lilies
Swimming School, Waveney House, Bungay
Road, Scole, Norfolk IP21 4DX