

BOOK EARLY!

www.1610.org.uk

INTENSIVE SWIMMING LESSONS

Wed 17th/Thu 18th/Fri 19th April

- > 8.30 9.00am Absolute Beginners (3-6)
- > 9 00 9 30am Children able to swim 5 metres
- > 930 1000am Children able to swim 15 metres
- > LESSONS WILL TAKE PLACE IN THE MAIN POOL



IFLATAFUN SESSIONS

Tue 9th & 16th April • 12.45 - 1.30pm: 5 - 7urs • 1.30 - 2.30pm: 8 - 16urs Thu 11th & 18th April • 10.30 - 11.15am: 5 - 7urs • 11.15am - 12.15pm: 8 - 16urs



Join us for a fantastic fun session on our giant inflatable assault course!





COMPETITIVE STARTS & TURNS**

Mon 8th April • 10 - 11am • 7 - 12yrs

IMPROVE YOUR FRONT & BACK STROKE

Mon 15th April • 10 - 11am • 7 - 12urs



£5

PRAMA.KIDS

Tue 9th & 16th April - 3.05 - 4.05pm - 5 - 7urs Thu 11th & 18th April • 3.05 - 4.05pm • 8 - 12urs

PRAMA utilises movement, music and lights to create a unique interactive fitness and play experience that is non-stop fun!



HAVE A GO TRAMPOLINING

Thu 11th 10.30 - 11.15am • 4 - 6urs & 18th April | 11.15am - 12.00pm • 7 - 12yrs

Bounce around and learn some new moves with our Trampolining coaches!



LEARN TO DIVE

Fri 12th & 19th April • 10 - 11am • 7 - 12urs

Work with our swimming instructors in this fun session designed to help you work on and improve your diving*.



*Children must be able to swim 15 metres



>>> CALL 01305 858400 FOR DETAILS OR TO BOOK!

