

SPORTS & SWIMMING



BRACKNELL
LEISURE CENTRE



Courses for juniors and adults

Monday 20 April - Saturday 18 July

2015

BRACKNELL FOREST

Be

LEISURE

ENROLMENT

Current students have priority over newcomers in order to sustain continuity of skill development. There is a re-booking "priority" period during the last 2 weeks of term for this. Priority enrolment forms **MUST** be presented at the time of booking.

	When to book	Who can book	How to book
Priority Week 1 Form Required	Mon 16 - Sun 22 March	Current students who are staying on the same course at the same time on the same day.	Mon-Fri 9.15am-9.00pm Sat 8.00am-5.00pm Sun 10.00am - 5.00pm
Priority Week 2 Form Required	Mon 23rd until Sun 29th March	Current students who are changing either course, day or time.	Strictly on a first come first served basis: Mon 7.30am-11.00am in the Forest Suite, then 11am-9pm at main reception. Tue-Fri 9.15am-9.00pm Sat 8.00am-5.00pm Sun 10.00am - 5.00pm
Save Money – become a Centre member			
Week 3 MEMBERS and OFF-PEAK UNDER 5's*	Mon 30th March until Sun 5th April	Those students who are not currently on a course. A current/valid Centre membership is required before enrolment can take place.	First come first served basis: Mon 9.15am-11.00am in the Forest Suite, then 11am-9pm at main reception. Tue-Thur 9.15am-9.00pm Sat 8.00am-5.00pm Sun 10.00am - 5.00pm
Week 4 NON MEMBERS	Tuesday 7th April onwards	Any students who are not currently on a course and who do not wish to be Centre Members.	Daily at main reception: Tue-Fri 9.15am-9pm Sat-Sun 9.15am-6pm

Please bring course ticket with you on first lesson.

Off Peak: *Under 5's can book on courses during this period.

Peak Times: From 3.30pm Monday - Friday, Saturday (unaccompanied swimming lessons) and all Saturday sports courses.

Please note non-member fees may apply for courses at peak time unless you register for membership. Restricted opening hours 3 & 6 April due to Bank Holiday

Lessons will not run during half term week (25-29 May nor on Mayday Mon 4 May)

JUNIOR SPORTS COURSES

Code	Day	Time	Wk	Member	N/member	Exclusion dates
BADMINTON. 7+ YEARS						
PAYG	Tuesday - Beginners	4.00pm-5.00pm		£4.65	£6.15	28th April
DJBA1	Tuesday - Improvers	5.00pm-6.00pm	11	£51.15	£67.65	28th April
DJBA2	Tuesday - Advanced	6.00pm-7.00pm	11	£51.15	£67.65	28th April
PAYG	Thursday - Beginners	4.00pm-5.00pm		£4.65	£6.15	7th May
DJBA3	Thursday - Improvers	5.00pm-6.00pm	11	£51.15	£67.65	7th May

BALLET CLASSES.

DJDNO	Wednesday Pre-School	3.45pm-4.30pm	12	£53.40	£53.40	
DJDN1	Wednesday Pre-Primary	4.30pm-5.15pm	12	£53.40	£70.80	
DJDN2	Wednesday Primary	5.15pm-6.00pm	12	£53.40	£70.80	

GYMNASTICS. Gymnastics basics are good for body alignment, general body control & awareness. Helps endurance, flexibility, co-ordination, agility and balance.

BEGINNERS GYMNASTICS. Working towards Teddy Awards

DJGY1	Monday (4-5yr)	4.00pm-5.00pm	11	£51.15	£67.65	B/H 4th May
DJGY2	Monday (5+yr)	5.00pm-6.00pm	11	£51.15	£67.65	B/H 4th May
DJGY3	Monday (9+yr) Any Std	6.00pm-7.00pm	11	£51.15	£67.65	B/H 4th May
DJGY4	Wednesday (5+yr)	4.00pm-5.00pm	12	£55.80	£73.80	
DJGY10	Wednesday (7+yr)	5.00pm-6.00pm	12	£55.80	£73.80	
DJGY5	Thursday (4-5yr)	4.00pm-5.00pm	12	£55.80	£73.80	
DJGY6	Thursday (6+yr)	5.00pm-6.00pm	12	£55.80	£73.80	
DJGY8	Saturday - Any Std	11.00am-12noon	11	£51.15	£67.65	23rd May
DJGY11	Thursday Rec Cheer	6.00pm-7.00pm	12	£55.80	£73.80	

INTERMEDIATE GYMNASTICS.

DJYM1	Tuesday (6+yr) Imp	4.00pm-5.00pm	12	£55.80	£73.80	
DJYM21	Tuesday (6+yr) Int	5.00pm-6.00pm	12	£55.80	£73.80	
DJYM4	Friday 5+yr	4.00pm-5.00pm	11	£51.15	£67.65	22nd May
DJYM41	Friday Imp	5.00pm-6.00pm	11	£51.15	£67.65	22nd May

ADVANCED GYMNASTICS.

DJYM2	Tuesday	6.00pm-7.30pm	12	£70.80	£88.80	
DJYM3	Wednesday	6.00pm-7.30pm	12	£70.80	£88.80	
DJYM6	Friday	6.00pm-7.30pm	11	£64.90	£81.40	22nd May
DJYM5	Saturday	9.00am-10.30am	11	£64.90	£81.40	23rd May

FREESTYLE GYMNASTICS.

An exciting form of gymnastics based on 'Parkour', 'Freerunning' and 'Tricking'.

DJFR1	Wednesday (12+yr)	8.00pm-9.30pm	12	£70.80	£88.80	
DJFR2	Saturday (12+yr)	3.00pm-4.30pm	11	£64.90	£81.40	23rd May
DJFR3	Saturday (8-12+yr)	2.00pm-3.30pm	11	£64.90	£81.40	23rd May

JUNIOR SPORTS COURSES

Code Day Time Wk Member N/member Exclusion dates

TUMBLERS. Structured pre-school physical activity. Develop basic skills - running jumping and co-ordination such as balance and eye-hand movements. Wear shorts and t-shirt. Maximum of 1 child to 1 adult.

TWEENY TUMBLERS. (1-2years) Must be walking.

PAYG	Monday	10.30am-11.15am		£4.05	£4.05	B/H	4th May
PAYG	Tuesday	9.30am-10.15am		£4.05	£4.05		
PAYG	Tuesday	10.15am-11.00am		£4.05	£4.05		
PAYG	Thursday	10.30am-11.15am		£4.05	£4.05		

MINI TUMBLERS. (2-3years). Parents are asked to join in.

PAYG	Monday	11.15am-12noon		£4.05	£4.05	B/H	4th May
PAYG	Tuesday	11.00am-11.45am		£4.05	£4.05		
PAYG	Thursday	11.15am-12noon		£4.05	£4.05		

PRE SCHOOL GYMNASTICS (3-4yrs)

These classes are structured for boys and girls aged 3-4yrs to attend independently to develop their fundamental gymnastics skills in a fun and challenging environment.

DJPG11	Monday 3-4yrs	1.15pm 2.00pm	11	£45.65	£45.65	B/H	4th May
DJPG12	Monday 3-4yrs	2.00pm-2.45pm	11	£45.65	£45.65	B/H	4th May
DJPG1	Wednesday 3-4yrs	1.15pm 2.00pm	12	£49.80	£49.80		
DJPG3	Friday 3-4yrs	10.15am 11.00am	12	£49.80	£49.80		
DJPG2	Friday 3-4yrs	11.00am 11.45am	12	£49.80	£49.80		

FUN SESSIONS. (6mths-4 yrs) Includes bouncy castle, climbing and trampolines. Max 2 children to 1 adult.

PAYG	Wednesday	9.15am-10.15am		£4.15	£4.15		
PAYG	Wednesday	10.15am-11.15am		£4.15	£4.15		
PAYG	Friday	9.15am-10.15am		£4.15	£4.15		
PAYG	Friday	1.15pm-2.45pm		£4.30	£4.30		

GYMNASTICS/TRAMPOLINING. Maximum of 1 child to 1 adult.

DJGT0	Monday (3-5yr)	9.30am-10.30am	11	£46.20	£46.20	B/H	4th May
DJGT1	Thursday (3-5yr)	9.30am-10.30am	12	£50.40	£50.40		
DJGT2	Saturday (4-6yr)	9.00am-10.00am	11	£51.15	£67.65		23rd May
DJGT3	Saturday (7+yr)	10.00am-11.00am	11	£51.15	£67.65		23rd May

SOCCER DRIBBLERS (3-5 years) To learn basic soccer skills. Wear shorts, t-shirt & indoor trainers.

DJSD1	Monday	1.30pm-2.15pm	11	£45.65	£45.65	B/H	4th May
DJSD2	Monday	2.15pm-3.00pm	11	£45.65	£45.65	B/H	4th May
DJSD4	Saturday	8.45am-9.30am	12	£51.60	£69.00		
DJSD5	Saturday	9.30am-10.15am	12	£51.60	£69.00		
DJSD6	Saturday	10.15am-11.00am	12	£51.60	£69.00		
DJSE1	Saturday	11.00am-11.45am	12	£51.60	£69.00		
	Referral required from	coach DJSE1					

JUNIOR SPORTS COURSES

Code	Day	Time	Wk	Member	N/member	Exclusion dates
SHORT TENNIS. To learn basic skills. Wear shorts/joggers, t-shirt & indoor trainers.						
DJST1	Monday 6+ yrs	5.00pm-6.00pm	11	£64.90	£81.40	B/H 4th May
DJST2	Wednesday 7-9 yrs	5.00pm-6.00pm	12	£70.80	£88.80	

SQUASH

DJSQ2	Saturday (8-11 yrs) Jnrs	10.00am-11.00am	12	£55.80	£73.80	
DJSQ3	Saturday (12-16 yrs) Teens	11.00am-12noon	12	£55.80	£73.80	

TRAMPOLINING.

Adults are required to stay for the duration of the session.

JUNIOR (5+ years). Working towards Star Awards, Max 9 pupils per class unless stated.

DJTR1	Monday (5+yr)	4.00pm-5.00pm	11	£63.25	£79.75	B/H 4th May
DJTR2	Monday (7+yr)	5.00pm-6.00pm	11	£63.25	£79.75	B/H 4th May
DJTR4	Tuesday (5+yr)	4.00pm-5.00pm	12	£69.00	£87.00	
DJTR5	Tuesday (7+yr)	5.00pm-6.00pm	12	£69.00	£87.00	
DJTR6	Thursday (5+yr)	4.00pm-5.00pm	12	£69.00	£87.00	
DJTR7	Thursday (7+yr)	5.00pm-6.00pm	12	£69.00	£87.00	
DJTR8	Saturday 12 in Class	1100am-1200pm	11	£51.15	£67.65	23rd May



JUNIOR SPORTS COURSES

Code Day Time Wk Member N/member Exclusion dates

TEAM GYM. TEAM GYM. Competitive level of gymnastics for boys and girls developing team floor displays, tumbling, trampette and vault skills as part of Bracknell Gymnastics Club. **These classes are by referral from the senior coach only.**



STARLINGS. (Team Gym)

DJSS1	Monday	4.00pm-6.00pm	11	£79.75	£96.25	B/H 4th May
DJSS2	Wednesday	4.00pm-6.00pm	12	£87.00	£105.00	
DJSS3	Saturday	9.00am-11.00am	11	£79.75	£96.25	23rd May

ROBINS. (Team Gym)

DJRB1	Tuesday	4.00pm-6.00pm	12	£87.00	£105.00	
DJRB2	Thursday	4.00pm-6.00pm	12	£87.00	£105.00	
DJRB3	Friday	4.00pm-6.00pm	11	£79.75	£96.25	22nd May

JAYS. (Team Gym)

DJJA1	Tuesday	4.00pm-6.00pm	12	£87.00	£105.00	
DJJA2	Wednesday	4.00pm-6.00pm	12	£87.00	£105.00	
DJJA3	Friday	4.00pm-6.00pm	11	£79.75	£96.25	22nd May

DEVELOPMENT. (Team Gym)

Primary

DJPR1	Monday	4.00pm-6.00pm	11	£79.75	£96.25	B/H 4th May
DJPR2	Thursday	4.00pm-6.00pm	12	£87.00	£105.00	
DJPR3	Saturday	11.00am-1.00pm	11	£79.75	£96.25	23rd May

Junior

DJDV2	Wednesday	4.00pm-6.00pm	12	£87.00	£105.00	
DJDV5	Saturday	11.00am-1.00pm	11	£79.75	£96.25	23rd May

KITES. (Team Gym)

DJKT1	Tuesday	6.00pm-8.00pm	12	£87.00	£105.00	
DJKT2	Wednesday	6.00pm-8.00pm	12	£87.00	£105.00	
DJKT3	Friday	6.00pm-8.00pm	11	£79.75	£96.25	22nd May

CHEERLEADING. (Team Gym)

DJCH1	Monday	5.00pm-7.00pm	11	£79.75	£96.25	B/H 4th May
DJCH2A	Thursday	5.00pm-7.00pm	12	£87.00	£105.00	
DJCH3	Saturday	1.00pm-4.00pm	11	£118.80	£134.75	23rd May

KESTRELS. (Team Gym)

DJKE1	Tuesday	6.00pm-8.00pm	12	£87.00	£105.00	
DJKE2	Wednesday	6.00pm-8.00pm	12	£87.00	£105.00	
DJKE3	Friday	6.00pm-8.00pm	11	£79.75	£96.25	22nd May

Going on Holiday?

Make sure the kids know how to dive safely...



New! class for the summer term
Fridays 4.00-4.30pm (see page 16)

Make it fun for all.....

We have adult swim courses for all levels (see pages 20-22). whether you need a style top-up or confidence builder

Dip your toe in & improve your swimming



Because we
are all young
at heart

Bracknell Leisure Centre
Bagshot Road, Bracknell RG12 9SE
Tel: 01344 454203

blc.enquiries@bracknell-forest.gov.uk



JUNIOR SWIM COURSES

Code	Day	Time	Wk	Member	N/member	Notes
LEARNER POOL. Armbands are not used in classes. Pool temp 32°C. Swim nappies must be worn by all babies and toddlers until fully toilet trained.						

ADULT AND TODDLER LESSONS

SPLASHERS. Non swimmers. Ratio 1 child to 1 adult who must accompany child in the water. Max 8 pupils per class.

Splashers 6-18 months (A)

WJSP2	Monday	10.00am-10.30am	11	£54.45	£54.45	
WJSP3	Monday	10.30am-11.00am	11	£54.45	£54.45	
WJSP7	Monday	2.00pm-2.30pm	11	£54.45	£54.45	No crèche
WJSP8	Tuesday	10.00am-10.30am	12	£59.40	£59.40	
WJSP14	Wednesday	10.30am-11.00am	12	£59.40	£59.40	
WJSP141	Wednesday	1.00pm-1.30pm	12	£59.40	£59.40	
WJSP18	Thursday	10.30am-11.00am	12	£59.40	£59.40	6-30 mths
WJSP17	Thursday	11.00am-11.30am	12	£59.40	£59.40	
WJSP19	Friday	9.00am-9.30am	12	£59.40	£59.40	No crèche
WJSP20	Friday	9.30am-10.00am	12	£59.40	£59.40	
WJSP23	Saturday	8.30am-9.00am	12	£69.00	£69.00	6-30 mths
WJSP25	Saturday	10.30am-11.00am	12	£69.00	£69.00	6-30 mths

Splashers 19-30 months (B)

WJSP4	Monday	11.00am-11.30am	11	£54.45	£54.45	
WJSP5	Monday	11.30am-12noon	11	£54.45	£54.45	
WJSP6	Monday	3.00pm-3.30pm	11	£54.45	£54.45	No crèche
WJSP9	Tuesday	10.00am-10.30am	12	£59.40	£59.40	
WJSP10	Tuesday	11.00am-11.30am	12	£59.40	£59.40	
WJSP101	Tuesday	1.30pm-2.00pm	12	£59.40	£59.40	
WJSP11	Wednesday	9.30am-10.00am	12	£59.40	£59.40	
WJSP15	Wednesday	3.00pm-3.30pm	12	£59.40	£59.40	No crèche
WJSP151	Thursday	9.30am-10.00am	12	£59.40	£59.40	
WJSP16	Thursday	10.00am-10.30am	12	£59.40	£59.40	
WJSP21	Friday	10.30am-11.00am	12	£59.40	£59.40	
WJSP22	Friday	11.30am-12noon	12	£59.40	£59.40	
WJSP23	Saturday	8.30am-9.00am	12	£69.00	£69.00	6-30 mths
WJSP25	Saturday	10.30am-11.00am	12	£69.00	£69.00	6-30 mths

MINNOWS. 2^{1/2} - 3^{1/2} years. Non swimmers. Ratio 1 child to 1 adult who must accompany child in water.

Max 8 pupils per class unless stated.

WJMN1	Monday	10.00am-10.30am	11	£54.45	£54.45	
WJMN2	Monday	11.00am-11.30am	11	£54.45	£54.45	
WJCM01	Monday	2.30pm-3.00pm	11	£54.45	£54.45	No crèche
WJMN5	Tuesday	9.30am-10.00am	12	£59.40	£59.40	Max 10 per class.
WJMN6	Tuesday	10.30am-11.00am	12	£59.40	£59.40	
WJMN8	Tuesday	2.30pm-3.00pm	12	£59.40	£59.40	No crèche
WJMN9	Wednesday	11.30am-12noon	12	£59.40	£59.40	
WJMN10	Wednesday	2.00pm-2.30pm	12	£59.40	£59.40	No crèche
WJMN11	Thursday	9.30am-10.00am	12	£59.40	£59.40	
WJMN12	Thursday	11.30am-12noon	12	£59.40	£59.40	
WJMN14	Thursday	2.00pm-2.30pm	12	£59.40	£59.40	No crèche
WJMN16	Friday	10.00am-10.30am	12	£59.40	£59.40	
WJMN17	Friday	10.30am-11.00am	12	£59.40	£59.40	
WJMN19	Saturday	8.00am-8.30am	12	£69.00	£69.00	
WJMN20	Saturday	11.00am-11.30am	12	£69.00	£69.00	

JUNIOR SWIM COURSES

Code	Day	Time	Wk	Member	N/member	Notes
RIPPLES. 3 ^{1/2} + years. Non swimmers. Ratio 1 child to 1 adult who must accompany child in the water. Max 8 pupils per class.						
WJRP1	Monday	9.30am-10.00am	11	£54.45	£54.45	
WJRP11	Monday	9.30am-10.00am	11	£54.45	£54.45	
WJRP2	Monday	10.30am-11.00am	11	£54.45	£54.45	
WJRP3	Monday	1.30pm-2.00pm	11	£54.45	£54.45	
WJRP5	Tuesday	10.30am-11.00am	12	£59.40	£59.40	
WJRP6	Tuesday	11.00am-11.30am	12	£59.40	£59.40	
WJRP7	Tuesday	1.00pm-1.30pm	12	£59.40	£59.40	
WJRP10	Wednesday	11.00am-11.30am	12	£59.40	£59.40	
WJRP12	Thursday	10.00am-10.30am	12	£59.40	£59.40	
WJRP13	Thursday	3.00pm-3.30pm	12	£59.40	£59.40	No crèche
WJRP14	Friday	10.00am-10.30am	12	£59.40	£59.40	
WJRP16	Friday	1.00pm-1.30pm	12	£59.40	£59.40	
WJRP19	Saturday	7.30am-8.00am	12	£69.00	£69.00	
WJRP20	Saturday	9.00am-9.30am	12	£69.00	£69.00	
WJRP21	Saturday	10.30am-11.00am	12	£69.00	£69.00	
WJRP22	Saturday	11.30am-12noon	12	£69.00	£69.00	

PRE-SCHOOL LESSONS - FUNDAMENTALS

TURTLE. (Unaccompanied Beginners.) 3-4 years who must be 3 years at the START of the course. Must be competent in a class situation without an adult. Build water confidence & water safety. Max 6 pupils per class.

WJTU1	Monday	11.30am-12noon	11	£68.20	£68.20	
WJTU2	Tuesday	3.00pm-3.30pm	12	£74.40	£74.40	No crèche
WJTU3	Wednesday	9.30am-10.00am	12	£74.40	£74.40	
WJTU30	Wednesday	1.30pm-2.00pm	12	£74.40	£74.40	
WJTU31	Wednesday	2.30pm-3.00pm	12	£74.40	£74.40	No crèche
WJTU4	Thursday	12noon-12.30pm	12	£74.40	£74.40	
WJTU40	Thursday	1.00pm-1.30pm	12	£74.40	£74.40	
WJTU41	Thursday	2.30pm-3.00pm	12	£74.40	£74.40	No crèche
WJTU5	Friday	11.00am-11.30pm	12	£74.40	£74.40	
WJTU50	Friday	3.00pm - 3.30pm	12	£74.40	£74.40	No crèche

Crèche

If you require childcare services during swimming lessons then look no further than our fantastic Crèche! You may advance book for the whole term if you or a sibling are attending a course.

Suitable for children between 6 wks - 5 yrs

Monday - Friday 9.15am - 2.15pm

Parents must remain within the leisure centre.



JUNIOR SWIM COURSES

Code	Day	Time	Wk	Member	N/member	Notes
PENGUIN. 4+ years. Beginners with previous lesson experience, able to use two floats and attempt to swim unaided. Must be competent in a class situation without an adult. Max 8 pupils unless stated.						
WJPE01	Monday	9.00am-9.30am	11	£54.45	£54.45	No crèche
WJPE2	Monday	1.00pm-1.30pm	11	£54.45	£54.45	
WJPE30	Tuesday	9.00am-9.30am	12	£59.40	£59.40	No crèche
WJPE3	Tuesday	11.30am-12.00noon	12	£59.40	£59.40	
WJPE31	Tuesday	2.00pm-2.30pm	12	£59.40	£59.40	No crèche
WJSP161	Thursday	10.30am-11.00am	12	£59.40	£59.40	
WJPE61	Thursday	1.30pm-2.00pm	12	£59.40	£59.40	
WJPE8	Friday	9.30am-10.00am	12	£59.40	£59.40	
WJPE81	Friday	2.00pm-2.30pm	12	£59.40	£59.40	No crèche
WJPE10	Saturday	7.30am-8.00am	12	£69.00	£87.00	
WJPE9	Saturday	8.00am-8.30am	12	£69.00	£87.00	Max 9 per class.

TADPOLE. 4+ years. Able to do 3 metres unaided on both front and back paddle. Must be competent in class situation without an adult. Max 8 pupils per class.						
WJTA01	Tuesday	11.30am-12noon	12	£59.40	£59.40	
WJTA4	Thursday	11.00am-11.30am	12	£59.40	£59.40	
WJTA5	Friday	11.00am-11.30am	12	£59.40	£59.40	
WJTA6	Friday	2.30pm-3.00pm	12	£59.40	£59.40	No crèche
WJTA8	Saturday	9.00am-9.30am	12	£69.00	£87.00	

PUPILS IN FULL-TIME SCHOOL- FOUNDATION

OTTER. (Absolute Beginners.) 4+years (must be 4yrs by 31 August 2014) and capable in a class situation without an adult. Max 8 pupils per class.

WJOT10	Monday	3.30pm - 4.00pm	11	£54.45	£70.95	
WJOT11	Monday	5.30pm - 6.00pm	11	£54.45	£70.95	
WJOT12	Monday	6.30pm-7.00pm	11	£54.45	£70.95	
WJOT2	Tuesday	3.30pm- 4.00pm	12	£59.40	£77.40	
WJOT3	Wednesday	4.00pm-4.30pm	12	£59.40	£77.40	
WJOT30	Wednesday	5.30pm-6.00pm	12	£59.40	£77.40	
WJOT4	Thursday	3.30pm-4.00pm	12	£59.40	£77.40	
WJOT40	Thursday	4.30pm- 5.00pm	12	£59.40	£77.40	
WJOT5	Friday	3.30pm- 4.00pm	12	£59.40	£77.40	
WJOT50	Friday	5.00pm - 5.30pm	12	£59.40	£77.40	
WJOT6	Saturday	8.30am - 9.00am	12	£69.00	£87.00	

JUNIOR SWIM COURSES

Code	Day	Time	Wk	Member	N/member	Notes
PUFFIN. 4+ years (must be 4yrs by 31 August 2014). Beginners with previous lesson experience, able to use two floats and attempt to swim unaided. Max 8 pupils per class unless stated.						
WJPP01	Monday	5.00pm-5.30pm	11	£54.45	£70.95	
WJPU1	Monday	5.00pm-5.30pm	11	£54.45	£70.95	
WJPP41	Monday	6.00pm-6.30pm	11	£54.45	£70.95	
WJPU10	Tuesday	4.00pm-4.30pm	12	£59.40	£77.40	
WJPU30	Tuesday	4.30pm-5.00pm	12	£59.40	£77.40	
WJPU3	Tuesday	5.00pm-5.30pm	12	£59.40	£77.40	
WJPP5	Tuesday	5.30pm-6.00pm	12	£59.40	£77.40	
WJPU4	Tuesday	6.00pm-6.30pm	12	£59.40	£77.40	
WJPP51	Tuesday	6.30pm-7.00pm	12	£59.40	£77.40	
WJPU5	Wednesday	4.30pm-5.00pm	12	£59.40	£77.40	
WJFP1	Wednesday	5.30pm-6.00pm	12	£59.40	£77.40	
WJFP3	Thursday	5.00pm-5.30pm	12	£59.40	£77.40	
WJPU6	Thursday	5.30pm-6.00pm	12	£59.40	£77.40	
WJPU7	Thursday	6.00pm-6.30pm	12	£59.40	£77.40	
WJPU8	Friday	4.00pm-4.30pm	12	£59.40	£77.40	
WJFP4	Friday	4.30pm-5.00pm	12	£59.40	£77.40	
WJPU12	Friday	5.30pm-6.00pm	12	£59.40	£77.40	
WJPU9	Friday	6.00pm-6.30pm	12	£59.40	£77.40	
WJPP21	Friday	6.30pm-7.00pm	12	£59.40	£77.40	
WJPP3	Saturday	10.00am-10.30am	12	£69.00	£87.00	Max 9 per class.
SEAL. 4+ years. Able to do 3 metres unaided on both front and back paddle and some breaststroke kick. Max 10 pupils per class.						
WJSE1	Monday	4.00pm-4.30pm	11	£54.45	£70.95	
WJSE2	Monday	4.30pm-5.00pm	11	£54.45	£70.95	
WJSE3	Monday	5.30pm-6.00pm	11	£54.45	£70.95	
WJSE6	Tuesday	4.30pm-5.00pm	12	£59.40	£77.40	
WJRT1	Tuesday	5.00pm-5.30pm	12	£59.40	£77.40	
WJSE61	Tuesday	5.30pm-6.00pm	12	£59.40	£77.40	
WJSE7	Tuesday	6.30pm-7.00pm	12	£59.40	£77.40	
WJSE9	Wednesday	4.30pm-5.00pm	12	£59.40	£77.40	
WJRT2	Wednesday	5.00pm-5.30pm	12	£59.40	£77.40	
WJSE10	Wednesday	6.00pm-6.30pm	12	£59.40	£77.40	
WJSE11	Thursday	4.00pm-4.30pm	12	£59.40	£77.40	
WJSE12	Thursday	5.00pm-5.30pm	12	£59.40	£77.40	
WJFP41	Thursday	6.30pm-7.00pm	12	£59.40	£77.40	
WJSE13	Friday	4.00pm-4.30pm	12	£59.40	£77.40	
WJSE14	Friday	5.30pm-6.00pm	12	£59.40	£77.40	
WJSE15	Saturday	9.30am-10.00am	12	£69.00	£87.00	

JUNIOR SWIM COURSES

Code	Day	Time	Wk	Member	N/member	Notes
DOLPHIN. 4+ years. Able to do 5 metres unaided on front paddle with aquatic breathing and 5m on back paddle and some breaststroke kick. Max 10 pupils per class.						
WJDL1	Monday	4.00pm-4.30pm	11	£54.45	£70.95	
WJDL2	Monday	4.30pm-5.00pm	11	£54.45	£70.95	
WJDL4	Tuesday	4.00pm-4.30pm	12	£59.40	£77.40	
WJDL6	Tuesday	6.00pm-6.30pm	12	£59.40	£77.40	
WJDL8	Wednesday	4.00pm-4.30pm	12	£59.40	£77.40	
WJDL9	Wednesday	5.00pm-5.30pm	12	£59.40	£77.40	
WJDL10	Thursday	4.00pm-4.30pm	12	£59.40	£77.40	
WJDL11	Thursday	4.30pm-5.00pm	12	£59.40	£77.40	
WJDL12	Thursday	5.30pm-6.00pm	12	£59.40	£77.40	
WJDL13	Friday	4.30pm-5.00pm	12	£59.40	£77.40	
WJDL14	Friday	5.00pm-5.30pm	12	£59.40	£77.40	
WJDL15	Saturday	9.30am-10.00am	12	£69.00	£87.00	
WJDL16	Saturday	10.00am-10.30am	12	£69.00	£87.00	

TRAINING (MIDDLE) POOL. All pupils must be able to stand comfortably in pool with shoulders above water level. Minimum pool depth is 1m, so pupils must be minimum of 1.25metres tall. We reserve the right to transfer pupils to the Learner Pool. Pool temperature 30°C.

We teach the ASA method of short distances demonstrating good technique in all strokes. We are adapting our programme levels to their NPTS in our training pool with our levels equating to the ASA stages as near as possible.

LEVEL 1 + 2. For new or nervous pupils who require assistance in the water. Max 6 pupils per class.

WJTM0	Wednesday	5.30pm-6.00pm	12	£74.40	£92.40
WJTM1	Saturday	10.30am-11.00am	12	£85.80	£103.80

LEVEL 3. For those with previous lesson experience to those able to paddle up to 5 metres on front and back paddle. Max 10 pupils per class.

WJL310	Monday	4.30pm-5.00pm	11	£54.45	£70.95
WJL320	Tuesday	4.00pm-4.30pm	12	£59.40	£77.40
WJL321	Tuesday	4.30pm-5.00pm	12	£59.40	£77.40
WJL330	Wednesday	5.30pm-6.00pm	12	£59.40	£77.40
WJL340	Thursday	4.30pm-5.00pm	12	£59.40	£77.40
WJL350	Friday	5.30pm-6.00pm	12	£59.40	£77.40
WJL360	Saturday	10.30am-11.00am	12	£69.00	£87.00

JUNIOR SWIM COURSES

Code	Day	Time	Wk	Member	N/member	Notes
LEVEL 4. Able to paddle 10m on front with aquatic breathing, 10m on back paddle and some breaststroke kick. Max 10 per class unless stated.						
WJL410	Monday	4.00pm-4.30pm	11	£54.45	£70.95	
WJL411	Monday	5.00pm-5.30pm	11	£54.45	£70.95	
WJL420	Tuesday	5.00pm-5.30pm	12	£59.40	£77.40	
WJL421	Tuesday	5.30pm-6.00pm	12	£59.40	£77.40	
WJL422	Tuesday	6.30pm-7.00pm	12	£59.40	£77.40	
WJL430	Wednesday	4.30pm-5.00pm	12	£59.40	£77.40	
WJL431	Wednesday	5.00pm-5.30pm	12	£59.40	£77.40	
WJL432	Wednesday	5.30pm-6.00pm	12	£59.40	£77.40	
WJL433*	Wednesday	5.30pm-6.00pm	12	£59.40	£77.40	Max 8 pupils.
*WJL433 Pupils min. height 1.5m- DEEP END						
WJL440	Thursday	4.00pm-4.30pm	12	£59.40	£77.40	
WJL441	Thursday	4.00pm-4.30pm	12	£59.40	£77.40	
WJL442	Thursday	5.00pm-5.30pm	12	£59.40	£77.40	
WJL443	Thursday	5.30pm-6.00pm	12	£59.40	£77.40	
WJL450	Friday	4.00pm-4.30pm	12	£59.40	£77.40	
WJL451	Friday	5.30pm-6.00pm	12	£59.40	£77.40	
WJL460	Saturday	9.30am-10.00am	12	£69.00	£87.00	
WJL461	Saturday	10.00am-10.30am	12	£69.00	£87.00	
LEVEL 5. Able to swim 7m with good stroke technique in the 3 main strokes. Max 10 per class unless stated.						
WJL510	Monday	5.30pm-6.00pm	11	£54.45	£70.95	
WJL520	Tuesday	4.30pm-5.00pm	12	£59.40	£77.40	Max 11 pupils.
WJL521	Tuesday	5.30pm-6.00pm	12	£59.40	£77.40	
WJL522	Tuesday	6.30pm-7.00pm	12	£59.40	£77.40	Max 11 pupils.
WJL530	Wednesday	5.00pm-5.30pm	12	£59.40	£77.40	
WJL540	Thursday	5.00pm-5.30pm	12	£59.40	£77.40	
WJL541	Thursday	5.30pm-6.00pm	12	£59.40	£77.40	
WJL550	Friday	4.00pm-4.30pm	12	£59.40	£77.40	
WJL551	Friday	5.00pm-5.30pm	12	£59.40	£77.40	
WJL560	Saturday	9.00am-9.30am	12	£69.00	£87.00	
LEVEL 5A. Prerequisite Level 5. Able to swim 10m with good technique of the 3 main strokes. Max 12 pupils per class.						
WJG11	Monday	4.30pm-5.00pm	11	£54.45	£70.95	
WJG12	Monday	5.30pm-6.00pm	11	£54.45	£70.95	
WJG14	Tuesday	5.00pm-5.30pm	12	£59.40	£77.40	Mixed 5&t5A
WJG15	Tuesday	6.00pm-6.30pm	12	£59.40	£77.40	
WJG16	Wednesday	4.00pm-4.30pm	12	£59.40	£77.40	
WJG17	Wednesday	4.30pm-5.00pm	12	£59.40	£77.40	
WJG19	Thursday	4.30pm-5.00pm	12	£59.40	£77.40	
WJG120	Friday	4.30pm-5.00pm	12	£59.40	£77.40	
WJG123	Saturday	10.00am-10.30am	12	£69.00	£87.00	

JUNIOR SWIM COURSES

Code Day Time Wk Member N/member Notes

LEVEL 6. Prerequisite Level 5A. 15m in good technique in all 3 main strokes. Max 12 pupils per class.

WJG21	Monday	4.00pm-4.30pm	11	£54.45	£70.95	
WJG22	Monday	5.00pm-5.30pm	11	£54.45	£70.95	
WJG23	Tuesday	4.00pm-4.30pm	12	£59.40	£77.40	
WJG24	Tuesday	6.00pm-6.30pm	12	£59.40	£77.40	
WJG25	Wednesday	4.00pm-4.30pm	12	£59.40	£77.40	
WJG26	Thursday	5.30pm-6.00pm	12	£59.40	£77.40	
WJG27	Friday	4.30pm-5.00pm	12	£59.40	£77.40	
WJG28	Friday	5.00pm-5.30pm	12	£59.40	£77.40	
WJG29	Saturday	9.30am-10.00am	12	£69.00	£87.00	

LEVEL 6A. Prerequisite Level 6. Able to swim 20 metres in good technique in all 3 main strokes and competent in deep water. Max 12 pupils per class unless stated.

WJSH1	Monday	5.30pm-6.00pm	11	£54.45	£70.95	
WJSH11	Tuesday	4.00pm-4.30pm	12	£59.40	£77.40	
WJSH4	Tuesday	6.30pm-7.00pm	12	£59.40	£77.40	
WJSH5	Wednesday	5.30pm-6.00pm	12	£59.40	£77.40	Max 8 pupils.
WJFC1	Thursday	4.00pm-4.30pm	12	£59.40	£77.40	
WJG371	Friday	4.00pm-4.30pm	12	£59.40	£77.40	
WJG121	Saturday	10.30am-11.00am	12	£69.00	£87.00	

LEVEL 6B. Prerequisite Level 6A. Able to swim 25m in good technique in all 3 main strokes and competent in deep water. Max 12 pupils per class.

WJG31	Monday	4.00pm-4.30pm	11	£54.45	£70.95	
WJG32	Monday	5.00pm-5.30pm	11	£54.45	£70.95	
WJG33	Tuesday	4.30pm-5.00pm	12	£59.40	£77.40	
WJG34	Tuesday	6.00pm-6.30pm	12	£59.40	£77.40	
WJG35	Wednesday	4.00pm-4.30pm	12	£59.40	£77.40	
WJG36	Wednesday	4.30pm-5.00pm	12	£59.40	£77.40	
WJG37	Thursday	4.30pm-5.00pm	12	£59.40	£77.40	
WJG38	Friday	5.00pm-5.30pm	12	£59.40	£77.40	
WJG39	Saturday	9.30am-10.00am	12	£69.00	£87.00	

LEVEL 7. Prerequisite Level 6B. Able to swim 50m continuously in front and back crawl and 25m in breaststroke. Competent in deep water. Max 12 pupils per class.

WJG41	Monday	4.30pm-5.00pm	11	£54.45	£70.95	
WJG42	Tuesday	5.00pm-5.30pm	12	£59.40	£77.40	
WJG43	Tuesday	5.30pm-6.00pm	12	£59.40	£77.40	
WJG44	Wednesday	5.00pm-5.30pm	12	£59.40	£77.40	
WJG45	Thursday	5.00pm-5.30pm	12	£59.40	£77.40	
WJG46	Friday	4.30pm-5.00pm	12	£59.40	£77.40	
WJG47	Saturday	10.00am-10.30am	12	£69.00	£87.00	

JUNIOR SWIM COURSES

Code	Day	Time	Wk	Member	N/member	Notes
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BREASTSTROKE CLINIC. To improve stroke technique and co-ordination for those happy out of their depth. Max 10 pupils per class. Pupils min height 1.5 metres.

WJBR2	Friday(Middle-Shallow)	5.30pm-6.00pm	12	£59.40	£77.40	
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JUNIOR STROKE TECHNIQUE & STAMINA. Length swimming in Training Pool.

Prerequisite Level 7 and able to swim 100m. Max 10 pupils per class.

WJSS1	Saturday	8.00am-8.30am	12	£69.00	£87.00	
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COMPETITION DEEP POOL

Minimum Depth 1.25m. Pool temperature 27°C.

We teach the ASA method of short distances demonstrating good technique in all strokes.

We are adapting our programme levels to their NPTS in our training pool with our levels equating to the ASA stages as near as possible.

LEVEL 7A. Prerequisite Level 7 and able to swim 100m in good technique of 3 main strokes continuously in deep cool water. Max 12 pupils per class.

WJPC1	Monday	4.30pm-5.00pm	11	£54.45	£70.95	
WJPC3	Tuesday	6.00pm-6.30pm	12	£59.40	£77.40	
WJPC4	Wednesday	4.00pm-4.30pm	12	£59.40	£77.40	
WJPC5	Thursday	4.00pm-4.30pm	12	£59.40	£77.40	

MIXED LEVEL 7A & 7B. Prerequisite Level 7 & 7A and able to swim 100m in good technique of 3 main strokes continuously in deep cool water. Max 12 pupils per class.

WJPC2	Tuesday	4.00pm-4.30pm	12	£59.40	£77.40	
WJPG51	Friday	5.00pm-5.30pm	12	£59.40	£77.40	

LEVEL 7B. Prerequisite Level 7A. Able to swim 150m good technique of 3 main strokes in deep, cool water. Max 12 pupils per class.

WJG51	Monday	4.00pm-4.30pm	11	£54.45	£70.95	
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LEVEL 7B & LEVEL 8. Prerequisite Level 7A. Max 12 pupils per class.

WJG561	Tuesday	5.00pm-5.30pm	12	£59.40	£77.40	
WJG562	Wednesday	4.30pm-5.00pm	12	£59.40	£77.40	
WJG563	Thursday	4.30pm-5.00pm	12	£59.40	£77.40	

JUNIOR SWIM COURSES

Code	Day	Time	Member	N/member
LEVEL 8. Prerequisite Level 7B. Minimum 200m continuously of 3 main strokes in deep, cool water. Max 12 pupils per class.				
WJG61	Monday	4.30pm-5.00pm	11	£54.45 £70.95
PERSONAL SURVIVAL. Prerequisite 100m swim in 3 main strokes in deep, cool water. Learning survival techniques and swimming in clothes. Level 1&2 require long sleeved jumper, long sleeved shirt and tracksuit bottoms or skirt. Level 3&4 please bring the above plus disinfected, clean shoes and socks. Max 10 pupils per class.				
WJS1	Thursday	4.00pm-4.30pm	12	£59.40 £77.40
ROOKIE LIFESAVER. For experienced competition pool swimmers only. Learning lifesaving skills. Max 10 pupils per class				
WJRL1	Tuesday	6.30pm-7.00pm	12	£59.40 £77.40
BASIC DIVING. Minimum requirement 25m front & 25m back strokes and capable in deep cold water. Max 8 in class.				
WJBD1	Friday	4.00pm-4.30pm	12	£59.40 £77.40
DIVES, STARTS AND TURNS. All 4 strokes. Prerequisites 100m in deep, cool water with the ability to perform forward somersault and competent out of depth. Max 10 pupils per class.				
WJDS1	Tuesday	4.30pm-5.00pm	12	£59.40 £77.40
BRONZE/SILVER MERIT AWARDS. Comparable to ASA Bronze/Silver Challenge. Max 12 pupils per class.				
WJBS1	Monday	4.00pm-4.30pm	11	£54.45 £70.95
WJBS2	Tuesday	5.30pm-6.00pm	12	£59.40 £77.40
WJBS21	Wednesday	5.00pm-5.30pm	12	£59.40 £77.40
WJBS3	Friday	4.30pm-5.00pm	12	£59.40 £77.40
STROKE DEVELOPMENT. Developing and refining all stroke techniques. Max 12 pupils per class.				
WJSD1	Monday	5.00pm-5.30pm	11	£54.45 £70.95
WJSD2	Tuesday	6.00pm-6.30pm	12	£59.40 £77.40
GOLD MERIT AWARD. Prerequisite Silver Merit. Max 12 pupils per class.				
WJGM1	Wednesday	4.45pm-5.30pm	12	£71.40 £89.40
LEVEL 9. Prerequisite Gold Merit. Max 12 pupils per class.				
WJG71	Thursday	5.00pm-5.30pm	12	£59.40 £77.40
LEVEL 9A. Prerequisite Level 9. Max 12 pupils per class.				
WJG81	Thursday	4.30pm-5.15pm	12	£71.40 £89.40

JUNIOR SWIM COURSES

Code	Day	Time	Member	N/member		
AQUA TEENS. For teenagers having attended Gold Merit and above who are interested in continuing their swimming - all strokes, starts and turns and swimming fitness.						
WJCL1	Monday	5.00pm-5.30pm	11	£54.45	£70.95	Max 12 pupils.
WJCL2	Wednesday	4.00pm-4.45pm	12	£71.40	£89.40	Max 12 pupils.
WJCL3	Friday	4.15pm-5.00pm	12	£71.40	£89.40	Max 12 pupils.
WJCL4	Friday	5.00pm-5.30pm	12	£59.40	£77.40	Max 6 pupils.

SYNCHRONISED SWIMMING. For competent swimmers. Max 12 pupils per class.

Prerequisite 200 metres continuous swimming.

WJSY1	Tuesday (Beg)	4.00pm-5.00pm	12	£83.40	£101.40
WJSY2	Tuesday (Adv)	5.00pm-6.00pm	12	£83.40	£101.40

DEEP WATER CONFIDENCE. For Adults & Juniors only 6 per class. Able to swim 75m on both front and back in deep water.

WJD2	Tuesday	6.30pm-7.00pm	12	£74.40	£92.40
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NATIONAL POOL LIFEGUARD QUALIFICATION 8TH EDITION WITH AED. Run over 5 days.

NPLQ154	Tues 26 - Sat 30 May	8.30am-5.30pm			£240.00
	Sat 30 May Exam	From 2.00 pm			

Includes manual and one assessment on the last day of the course.

NPLQ candidates must:

- Be 16 years of age by the assessment date (30 May).
- Attend the whole course and pass the exam to receive the award.
- Be competent swimmers (recommendation 100m continuously on both front and back strokes) and will be expected to submerge to a depth of 1.5-3 metres.
- Be physically fit with good hearing and vision with the ability to swim 50 metres within 60 seconds.
- Please bring shorts, t-shirts, whistle, swimwear and writing materials. You will swim in the morning and afternoon each day.
- Candidates may bring a packed lunch although a Café is available for refreshments.
- Once a booking is made there is no refund for non-attendance or non-completion of the course by the candidate.

Future NPLQ Courses:

20-25 July 2015

27 July-1 August 2015

26-31 October 2015

ADULT SPORTS COURSES

Code	Day	Time	Wk	Member	N/member	Exclusion dates
BADMINTON.						
DABA6	Thursday (Pre-Club)	8.00pm-9.30pm	11	£65.45	£85.80	7th May
Referral from qualified coach required for DABA6						
SQUASH.						
DASQ4	Saturday (Beg/Imp)	12noon-1.30pm	12	£68.40	£93.00	
TAI-CHI. A Chinese martial arts form of meditation with a constant flow of energy and movement. It combines mental concentration, slow breathing and dance-like movements to increase chi (life energy).						
DATA1	Wednesday (Beg)	8.05pm-9.35pm	12	£71.40	£93.60	
DATA2	Thursday (Imp)	8.30pm-10.00pm	12	£71.40	£93.60	
YOGA. Hatha yoga is a combination of physical movements, breathing and concentration to promote suppleness and flexibility of the joints.						
DAYG1	Tuesday	10.00am-11.30am	11	£62.70	£85.25	5th May
DAYG2	Thursday	1.15pm-2.45pm	12	£68.40	£93.00	

For courses 10 weeks and longer, activity tickets may be purchased providing there are spaces available. Members: £6.20, Non-Members: £8.25

ADULT SHORT COURSES

PILATES. Sculpts a strong, streamlined, flexible and balanced body with the emphasis on core conditioning & breathing.

SHORT COURSE 21/04/15 - 19/05/15

DAPL3	Tues (Imp)	6.00pm-7.00pm	5	£34.75	£45.00
DAPL5	Thur (Beg)	7.30pm-8.30pm	5	£34.75	£45.00

SHORT COURSE 02/06/15 - 14/07/15

DAPL8	Tues (Imp)	6.00pm-7.00pm	7	£48.65	£63.00
DAPL10	Thurs (Beg)	7.30pm-8.30pm	7	£48.65	£63.00

MUM - A - BABY.

Get back into shape after giving birth with this 45minute cardio- tone class. Mums do exercises using their baby as extra weight ! Classes are suitable for mums with babies from 6weeks to 12 months (if you had a caesarean, you may start at 10 weeks post op)

22/04/15 - 20/05/15

DAMAB1	Wednesday	2.00pm - 2.45pm	5	£21.50	£31.50
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03/06/15 - 15/07/15

DAMAB2	Wednesday	2.00pm - 2.45pm	7	£30.10	£44.10
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ADULT "PAY AS YOU GO" SPORTS

Code	Day	Time	Member	N/member	Exclusion dates
BADMINTON.					
PAYG	Thur (Any Std)	10.00am-11.00am	£4.95	£7.05	
PAYG	Thur (Any Std)	11.00am-12noon	£4.95	£7.05	
PAYG	Fri (Any Std)*	1.00pm-2.00pm	£4.95	£7.05	
PAYG	Fri (Any Std)*	2.00pm-3.00pm	£4.95	£7.05	
			2hr: £5.85	2hr:£7.90	

*Exclusion dates 01/05, 8/05,22/05,29/05, 05/06,12/06,10/07,17/07

CIRCUITS. To improve fitness, strength and stamina. A non-stop class, full of fun and energy.					
PAYG	Monday	7.30pm-8.30pm	£4.40	£6.50	B/H 4th May
PAYG	Thursday	7.30pm-8.30pm	£4.40	£6.50	

GYMNASTICS. Open sessions for adults ranging from beginners to elite level gymnasts. Suitable for those wishing to learn new skills or to keep fit in a new and exciting way.					
PAYG	Tuesday	8.00pm – 10.00pm	£6.00	£6.00	
PAYG	Friday	8.00pm – 10.00pm	£6.00	£6.00	
PAYG	Sunday	7.00pm – 9.00pm	£6.00	£6.00	

TRAMPOLINING. Learn and develop your trampolining skills.					
PAYG	Tuesday	7.00pm – 8.30pm	£6.00	£8.10	

PILATES. Sculpts a strong, streamlined, flexible and balanced body with the emphasis on core conditioning & breathing.					
PAYG	Thursday (Imp)	6.15pm-7.30pm	£6.95	£9.05	

YOGA. Hatha yoga is a combination of physical movements, breathing and concentration to promote suppleness and flexibility of the joints. Power Yoga also focuses on the journey between the postures.

PAYG	Tuesday Hatha*	8.00pm-9.30pm	£6.10	£8.20	
PAYG	Wednesday	6.30pm-8.00pm	£6.10	£8.20	
PAYG	Saturday Hatha	9.00am-10.30am	£6.10	£8.20	
	* Suitable for beginners				

LADIES MULTI-SPORT. Warm up/stretch then different team games each week including Basketball, Netball, Hockey, Badminton, Volleyball and Squash.					
PAYG	Monday (Any Std)	10.00am-12noon	£4.60	£6.70	Commences 11th May

Please see separate brochure for BodyBeats exercise/fitness class timetable
 PAYG course tickets are sold 15 mins before lesson starts.
 We reserve the right to change or cancel classes without prior notice.

ADULT SWIM COURSES

Code Day Time Wk Member N/member Exclusion dates

TRAINING POOL. Pool temperature 30°C

ADULT NON SWIMMERS. For non swimmers unable to swim a width on both front and back unaided. Only 6 per class.

DAYTIME

WANS1	Monday	10.00am-10.45am	11	£76.45	£99.00
WANS3	Tuesday	11.15am-12noon	12	£83.40	£108.00
WANS4	Thursday	11.00am-11.30am	12	£69.00	£93.60
WANS5	Saturday	9.00am-9.30am	12	£85.80	£110.40

EVENING

WANS6	Monday	8.15pm-8.45pm	11	£83.05	£105.60
WANS8	Thursday	8.30pm-9.00pm	12	£73.20	£97.80
WANS9	Thursday	9.00pm-9.30pm	12	£73.20	£97.80

ADULT BEGINNERS. Confident in standing depth and must be able to swim a width on both front and back unaided. Max 10 pupils per class.

DAYTIME

WABE1	Monday	9.15am-10.00am	11	£66.00	£88.55
WABE2	Tuesday	10.45am-11.15am	12	£59.40	£84.00
WABE3	Thursday	10.00am-10.30am	12	£59.40	£84.00
WABE5	Saturday	8.30am-9.00am	12	£69.00	£93.60

EVENING

WABE7	Monday	7.45pm-8.15pm	11	£57.75	£80.30
WABE8	Thursday	9.00pm-9.30pm	12	£63.00	£87.60

ADULT FRONT CRAWL ONLY – BEGINNER. For able swimmers who wish to learn front crawl breathing and technique. Max 10 pupils per class.

WABE6	Monday	7.15pm-7.45pm	11	£57.75	£80.30
W AFC1	Thursday	8.00pm-8.30pm	12	£63.00	£87.60

ADULT FRONT CRAWL ONLY – IMPROVER. Progression from adult front crawl beginner only. Max 10 pupils per class unless stated.

WAM16	Monday	7.45pm-8.15pm	11	£57.75	£80.30
W AFC2	Thursday	8.30pm-9.00pm	12	£63.00	£87.60

ADULT SWIM COURSES

Code	Day	Time	Wk	Member	N/member	Exclusion dates
ADULT INTERMEDIATE. Prerequisite adult pre-intermediate.						
DAYTIME						
WAN2	Thursday	10.30am-11.15am	12	£72.00	£96.60	Max 10 pupils.
EVENING						
WAN4	Thursday	7.45pm-8.30pm	12	£78.60	£103.20	Max 10 pupils.

ADULT ADVANCED. For competent swimmers in deep water with knowledge of all 4 strokes. Max 10 pupils per class.

WAAD1	Monday	9.45am-10.45am	11	£77.00	£99.55	
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ADULT INTERMEDIATE FRONT CRAWL ONLY. To improve front crawl technique. Max 12 pupils per class.

EVENING

WAC2	Thursday	7.45pm-8.30pm	12	£78.60	£103.20	
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ADULT ADVANCED FRONT CRAWL ONLY. Max 10 pupils per class.

WAAC1	Thursday	7.00pm-7.45pm	12	£78.60	£103.20	
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ADULT SHORT COURSES

LEARN FRONT CRAWL SAFELY. By a Shaw-method trained swimming teacher based on the Alexander Technique
Max 6 pupils per class.

23/04/2015 - 21/05/15

WAFly1	Thursday	9.15am-10.00am	5	£43.00	£53.25	
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04/06/2015 - 16/07/2015

WAFly01	Thursday	9.15am-10.00am	7	£60.20	£74.55	
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ADULT L'EAU ROBICS. (tickets sold 15mins before session). Exercise to music in water. Moderate to challenging exercise.

DAYTIME (TERM TIME ONLY)

Monday	10.45am-11.35am	£4.95	£7.05
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Wednesday	10.35am-11.20am	£4.95	£7.05
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EVENINGS (RUNS THROUGH THE YEAR EXCLUDING BANK HOLIDAYS)

Monday	8.45pm-9.30pm	£4.95	£7.05
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DEEP WATER ADULT L'EAU ROBICS. Must be competent swimmer in the competition pool. Moderate to challenging exercise.

DAYTIME (Term Time Only) First session 08/05/15 with last session 17/07/15.

Friday	9.30am-10.15am	£4.95	£7.05
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LIFEGUARDING QUALIFICATION

The following courses are bookable at any time

RLSS (NRASTC) RESCUE TEST FOR SWIMMING TEACHERS.

This is a 12 hour lifeguarding course for aquatic teachers/instructors/coaches. Max 12 pupils per class.

Run over two days: 24 April & 1 May 2015

WART1 Friday 9.00am-3.00pm £108.40 £112.50

Future RLSS NRASTC Courses:

11 & 18 September 2015

Price includes manual and assessment, please see guidelines below.

NATIONAL POOL LIFEGUARD QUALIFICATION 8TH EDITION WITH AED. Run over 5 days

NPLQ154 Tues 26 - Sat 30 May 2015 8.30am-5.30pm £240.00
Sat 30 May Exam From 2pm

Includes manual and one assessment on the last day of the course.

THE FOLLOWING GUIDELINES APPLY TO BOTH NRASTC & NPLQ CANDIDATES:

- You must attend the whole courses and pass the exams to receive the award
- Please bring shorts, t-shirts, whistle, swimwear and writing materials. You will swim in the morning and afternoon each day
- You may bring a packed lunch and drink although a café is available to purchase refreshments
- Once a booking is made there is no refund for non-attendance or non-completion of the course by the candidate

Further NRASTC Guidelines:

- You must be 16 years by the commencement of the course
- You must be a competent swimmer - Min. 25m on both front and back
- Your ability to submerge to a depth of 1.5, 1.75 or 3m recorded on certificate
- Undertake water based rescues, act as casualties, perform resuscitation on manikins and general first aid (the baby module is optional)
- Once a booking is made there is no refund for non-attendance or non-completion of the course by the candidate
- You must attend the whole courses and pass the exams to receive the award.

Further NPLQ Guidelines:

- You must be 16 years by the assessment date
- You must be a competent swimmer - recommendation 100m continuously on both front and back
- Able to submerge to depth of 1.5 - 3m
- You must be physically fit with good hearing and vision & able to swim 50m within 60 seconds
- You must attend the whole courses and pass the exams to receive the award.
- Please bring shorts, t-shirts, whistle, swimwear and writing materials. You will swim in the morning and afternoon each day.
- Once a booking is made there is no refund for non-attendance or non-completion of the course by the candidate

Future NPLQ Courses:

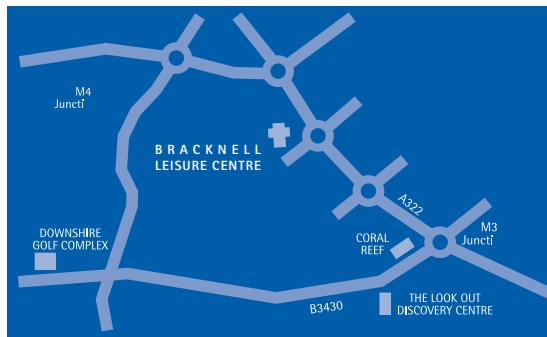
20 - 25 July 2015

27 July - 1 August 2015

26 - 31 October 2015

Lessons will not run 4th May or during half term 25 - 30 May (excludes NPLQ).

HOW TO FIND US



This leaflet can be made available in large print, Braille, on audio cassette or DVD. Copies in other languages may also be obtained. Please contact Bracknell Leisure Centre. Tel: 01344 454203 or Minicom 01344 352405.

General programme information

We would like to draw your attention to the following:

- Please note any exclusion dates relevant to your course.
- We advise that customers seek medical advice if in doubt about their suitability for any of our courses.
- No refunds/credits will be given for cancellation by course members. In exceptional circumstances, credits may be available for long term absence through serious illness or injury (excluding NPLQ). Apply in writing to the Centre Manager.
- Crèche facilities will be available from 9.15am - 2.15pm Monday – Friday unless otherwise indicated. Crèche spaces are pre-bookable during term-time for course members.
- Short Courses and NPLQ do not require priority forms and can be booked at any time.
- Pay As You Go (PAYG) tickets are sold 15 minutes before the lesson starts.
- We reserve the right to change instructors or change our classes without prior notice.
- We reserve the right to transfer any pupils we feel have enrolled onto the incorrect class.
- If you wish to swim before or after your lesson you will need to purchase a swim ticket from reception (subject to pool programme).
- To pay Members price you will need to obtain Centre Membership. This is applicable for all courses (irrespective of age) from 3.30pm Monday-Friday, Saturday (unaccompanied swimming lessons) and all Saturday Sports Courses.
- Parents, siblings, pushchairs and spectators are NOT allowed on poolside. Spectator areas are provided near the Learner Pool and alongside the Competition Pool.
- For safety reasons please arrive at your class only 2 or 3 minutes before the start of your lesson.

Bracknell Leisure Centre

Bagshot Road, Bracknell, Berkshire, RG12 9SE

Tel: 01344 454203 Fax: 01344 868511

Email: blc.enquiries@bracknell-forest.gov.uk

Web: www.bracknell-forest.gov.uk/be

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CUSTOMER
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