



JOIN US

May Intensive Swimming Courses

Tuesday 29 May to Friday 1 June 2018

Come and join our 4 day intensive swimming courses running in May. Our lessons are taught by experienced instructors who provide high standards of tuition in water confidence, technique and aquatic skills.

Courses at Larkfield Leisure Centre & Tonbridge Swimming Pool.

Larkfield Leisure Centre	Tonbridge Swimming Pool
8.30am Stage 1 Non Swimmers	9am Stage 1 Non Swimmers
9am Stage 2 Beginners	9.30am Stage 2 Beginners
9.30am Learn 2 Swim 7 Years+	10am Learn 2 Swim 7 Years+
4 Day Course: Member £29 Non Member £32.60 Learn 2 Swim 7 Years+ £25	4 Day Course: Member £29 Non Member £32.60 Learn 2 Swim 7 Years+ £25

Stage 1 Non Swimmers (4 years+): Develop basic movement skills, flotation, water confidence and safety awareness with the aim of swimming 5 metres with aids on front and back.

Stage 2 Beginners (4 years+): Develop safe entries into the water and flotation, travelling, submersion and rotations. The aim is to achieve 5 metres on front and back without the use of aids.

Learn 2 Swim 7 Years+: Exclusively for non swimmers aged 7 years plus, these lessons aim to improve water confidence, introduce movement in the water, water safety, submersion, flotation and for participants to be able to complete 5 metres front and back with aids.

01622 719345 www.larkfieldleisure.co.uk
01732 367449 www.tonbridgepool.co.uk

tmactive
MORE PEOPLE, MORE ACTIVE, MORE OFTEN

MAY HOLIDAY PROGRAMME

Tuesday 29 May to Friday 1 June 2018

ONE TO ONE & ONE TO TWO SWIMMING LESSONS

These 5 day and 4 day intensive courses allow greater teacher contact time and quicker development. Spaces on courses are limited so book early.

5 Day Courses

1-2-1	Member	£107.50
	Non Member	£111.50

1-2-2	Member	£153.75
	Non Member	£160.50

4 Day Courses

1-2-1	Member	£86.00
	Non Member	£89.60

1-2-2	Member	£129.00
	Non Member	£134.40

Courses can be tailored to meet your needs.
Call **01732 367449** to find out more.



KICKSTART MEMBERSHIP – LET THE FUN BEGIN!

Our KickStart Membership provides children aged 10 years and under with unlimited access to a wide range of activities across all tactive leisure centres.

For just £14 a month activities include unlimited swimming, Larkabout Soft Play at Larkfield Leisure Centre, free selected holiday activity sessions and more.

For full details please visit our website or speak to a member of staff.

www.tonbridgepool.co.uk
01732 367449

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TONBRIDGE SWIMMING POOL