

### Thursday 2nd June

#### Main Pool

07.15 - 09.00  
09.00 - 19.00  
09.00 - 10.00  
10.00 - 11.00  
11.00 - 12.00  
15.00 - 16.00  
16.00 - 18.00  
18.00 - 19.00  
19.00 - 20.00  
20.00 - 21.30  
20.00 - 21.30

Adults Only  
Public Swimming  
Water Polo (half pool)  
50+ Swim (half pool)  
Fun Session  
Snorkelling (half pool)  
Lessons (2 lanes)  
Swim Clinic (2 Lanes)  
AquaFit  
Adult Fitness (half pool)  
Adults Only

#### Learner Pool

09.00 - 10.00  
10.00 - 11.00  
11.00 - 14.00  
11.00 - 12.00  
14.00 - 15.00  
15.00 - 15.40  
15.40 - 18.00  
18.00 - 19.00

Swim Course  
Ducklings  
Public Swimming  
Fun Session  
Lessons  
Public Swimming  
Lessons  
Public Swimming

### Friday 3rd June

#### Main Pool

07.15 - 09.00  
09.00 - 21.30  
09.00 - 11.00  
11.30 - 12.00  
15.00 - 15.45  
16.00 - 18.30

Adults Only  
Public Swimming  
Aquatics (half pool)  
AquaFit (half pool)  
Simply Aqua (half pool)  
Lessons (2 Lanes)

#### Learner Pool

09.00 - 10.00  
10.00 - 14.30  
14.30 - 15.00  
15.00 - 16.00  
16.00 - 18.00  
18.00 - 19.00

Swim Course  
Public Swimming  
Lessons  
Public Swimming  
Lessons  
Public Swimming

### Saturday 4th June

#### Main Pool

08.30 - 16.00  
08.30 - 11.00  
11.00 - 12.00

Public Swimming  
Lessons (2 Lanes)  
Fun Session

#### Learner Pool

08.30 - 11.00  
11.00 - 16.00  
11.00 - 12.00

Lessons  
Public Swimming  
Fun Session

### Sunday 5th June

#### Main Pool

08.00 - 09.00  
09.00 - 17.30  
13.30 - 14.30

Adults Only  
Public Swimming  
Fun Session

#### Learner Pool

09.00 - 16.00  
13.30 - 14.30  
16.00 - 17.30

Public Swimming  
Lessons  
Lessons

### Fun Sessions

These sessions are run during Public Swimming times and are primarily for children. An assortment of pool toys and floats will be available for children's use.

### Lane Swimming

Lanes will be available in the Main Pool  
Every Day 12.00 - 13.30  
Monday-Friday 18.00 - 19.00



## THINGS YOU NEED TO KNOW

### Clothing and Equipment

Normal activity clothes such as a T-shirt, sweatshirt, tracksuit bottoms and trainers are required. Swimming costumes/trunks will be required for all courses and activities in the pool. Socks must be worn for trampoline courses.

### Safety and Security

Safety equipment EG buoyancy aids will be provided where necessary. There is always a qualified First-Aider on duty. Parents are advised not to allow their children to bring valuable items or large amounts of money with them. Parents must stay at all times with any children under the age of 5.

### Medical Details

Individual health records must be submitted and signed by the parent/guardian before the course commences and no child will be accepted without these details in advance. Forms are available at the time of booking or can be sent for telephone bookings. Health Questionnaires must be completed at the time of booking for the Snorkelling class, therefore NO telephone bookings can be accepted for this.

### Refreshments

Drinking water is available from a water dispenser in Reception, children must bring their own water bottle or can be purchased from Reception. Cups are not supplied.

### Dropping off and Collection of Children

Please ensure that children arrive on time for their activity and are collected promptly after.

### Bookings

All activities are pre-bookable unless otherwise stated. Bookings can be made from Monday 16th May at the Centre and by telephone (except for the Snorkelling Sessions), and **must** be paid for at the time of booking. Reservations without payment will not be accepted. Cheques should be made payable to 'Bridport Leisure Centre'. Children who are P4L and have joined after 30th September 2002, pay Member rates for activities (shown as P4L\*).

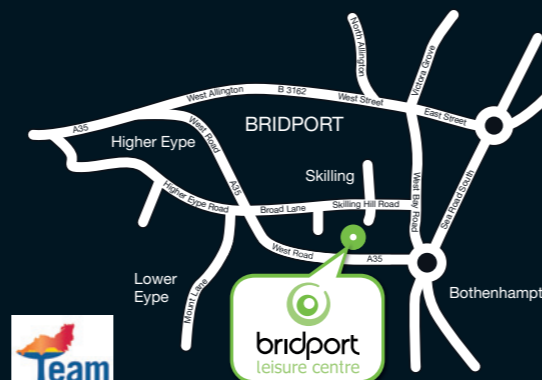
### Childcare Policies

Copies of relevant policies are available for parents/carers including: Equal Opportunities, Inclusion, Behaviour, Medication/Sick Children and Child Protection.

### Photographing Children

We occasionally have the local press in to take publicity photos. Please inform Reception if you do not wish your child to be photographed during the Holiday Activities.

*Please note that the Management reserve the right to make any changes to the programme if required and activities may be cancelled if minimum numbers are not reached. Where refunds are due, these should be collected within one month of cancellation.*



### Bridport Leisure Centre

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Registered Charity Number 267781



Visit our website for the latest news, events and timetables

www.bridportleisure.com

# Whitsun Half Term Holiday Activities & Swimming Pool Timetable

Monday 30th May - Sunday 5th June 2011

All Activities need to be pre-booked unless otherwise stated and bookings will be accepted from Monday 16th May



**SPACES STILL available on Term Courses**

**Contact Reception NOW!**



www.bridportleisure.com

## Intensive Courses in Swimming

### Learner Pool

These are 5-day intensive courses to help your child improve their skills and confidence in the water. They are excellent booster courses for existing pupils on our Bigfish Swim School or they can provide a good introduction to our lessons for children not currently enrolled on Bigfish. All lessons are taught by experienced, qualified ASA Swimming Teachers. Please ensure that your child is booked on at least 2 days prior to the start date.

### New to Swimming & Beginners

Age: 4 + years  
 Level: For non swimmers and children with little or no pool experience. This class will work on basic water confidence and orientation as well as introducing a variety of aids and methods of moving in the water which will allow children to attempt their first unaided swim.

Day: Monday to Friday  
 Date: 30th May to 3rd June  
 Time: 09.00 - 09.30  
 Price: Non-Members £23.40  
 Members/P4L\* £19.80  
 P4L FREE

### Developing & Improving Swimmers

Age: 4+ years  
 Level: For children swimming unaided on their front and back. This class continues to build on water confidence orientation and flotation. Also develops further skills towards the swimmers stroke in front crawl, back crawl and breast stroke.

Day: Monday to Friday  
 Date: 30th May to 3rd June  
 Time: 09.30 - 10.00  
 Price: Non-Members £23.40  
 Members/P4L\* £19.80  
 P4L FREE

## Main Pool

### Synchronised Swimming

A taster session to learn the basics needed for Synchronised swimming. Need to be able to swim 25m front and back crawl and breaststroke. Should also be deep water confident. It is advisable to wear a noseclip.

Date: Tuesday 31st May  
 Age: 7+ years  
 Time: 09.00 – 10.00  
 Price: Non-Members £4.20  
 Members/P4L\* £3.30  
 P4L FREE

### Diving Techniques

An one hour session to learn techniques for diving from the side of the pool and also to try diving from the starting blocks. Should be able to swim front and back crawl, breaststroke and be confident in deep water.

Date: Wednesday 1st June  
 Age: 7+ years  
 Time: 14.30-15.30  
 Price: Non-Members £4.20  
 Members/P4L\* £3.30  
 P4L FREE

### Mini Water Polo

A short introduction to this fast moving, energetic fun sport. Children must be able to swim 25m and be confident in deep water.

Date: Thursday 2nd June  
 Age: 7+ years  
 Time: 14.30-15.30  
 Price: Non-Members £4.20  
 Members/P4L\* £3.30  
 P4L FREE

## Swimming Activity Tasters

A fun filled 2 hours in which to try out Mini Polo, diving, synchronised swimming, starts & turns, fun races and Rookie Lifeguard. Please bring a t-shirt to wear as well as swimming trunks/costumes. Needs to be deep water confident and able to swim 25m front and backstroke.

Date: Friday 3rd June  
 Age: 7+ years  
 Time: 09.00 -11.00  
 Price: Non-Members £7.50  
 Members/P4L\* £6.60  
 P4L FREE

### Have A Go Snorkelling

One hour taster sessions run by qualified BSAC Instructors teaching the fundamentals of Snorkelling in a fun and enjoyable environment. It is essential that children enrolled on this activity are able to swim 25m front and back crawl and are confident in deep water. A Health Declaration form **must** be completed at the time of booking so we are unable to take telephone bookings for these sessions.

Age: 7+ years  
 Day: Tuesday 31st May  
 Thursday 2nd June  
 Time: 15.00 - 16.00  
 Price: Non Members £4.20  
 Members/P4L\* £3.30  
 P4L FREE

### Taster Courses in Trampolining

These are 3-day intensive courses designed to help your child either learn basic trampolining skills or for those with some knowledge to improve their existing trampoline skills and confidence. The session is ideal as a booster for existing pupils on our trampoline lessons. NB Socks must be worn please.

Age: 5+Years  
 Day: Tuesday to Thursday  
 Date: 31st May to 2nd June  
 Time: 12.00 - 13.00  
 Price: Non Members £13.50  
 Members/P4L\* £10.80  
 P4L FREE

## Cheerleading

A fabulous, fun and funky way for kids to have a workout! Have a go at this dance routine to music using Pom-Poms.

Age: 4-6 years  
 Day: Friday 3rd June  
 Time: 13.30 -14.30  
 Price: Non-members £4.20  
 Members/P4L\* £3.30  
 P4L FREE

Age: 7-12 years  
 Day: Friday 3rd June  
 Time: 15.00 - 16.00  
 Price: Non-members £4.20  
 Members/P4L\* £3.30  
 P4L FREE

## FOR THE UNDER 5'S

Parents are required to stay with their children at all times and are to act as 'spotters' during these sessions.

### Taster Courses in Trampolining

A short taster course for Under 5's which will help them learn the basic skills required for Trampolining. Please note that parents MUST stay with their children and may be required to assist. Socks must be worn please.

Age: 3-4 years  
 Day: Tuesday to Thursday  
 Date: 31st May to 2nd June  
 Time: 11.30 - 12.00  
 Price: Non Members £13.50  
 Members/P4L\* £10.80  
 P4L FREE

Parents are required to stay with their children at all times and are to act as 'spotters' during these sessions.

## Gym Tots

Designed to widen the child's horizon mentally, socially and physically in a challenging, fun-filled safe environment. Parents are actively encouraged to participate as the more you do, the more your child will get from the session. Even children not yet walking can be highly stimulated by watching and listening. No booking needed, just pay and play on the day.

Day: Tuesday and Friday  
 Date: 31st May and 3rd June  
 Age: 3-18 months Time: 09.15 - 10.00  
 18 months - 3 years Time: 10.00 - 11.00  
 Price: Non Members £4.20  
 Members/P4L\* £2.90  
 P4L FREE

(Member rate is based on the adult being the member)

## Ducklings

A fun session of games and songs to help build water confidence. Parents/carers must accompany children in the water. No booking needed, just pay and play on the day.

Date: 31st May and 2nd June  
 Age: Level 1 6 months - 18 months  
 Level 2 18 months - 3 years  
 Time: Level 1+2 Monday 10.00 - 10.30  
 Level 1 Thursday 10.00 - 10.30  
 Level 2 Thursday 10.30 - 11.00  
 Price: Non Members £3.90  
 Members/P4L\* £2.60  
 P4L FREE

(Member rate is based on the adult being the member)

# Holiday Swimming Pool Timetable

## Monday 30th May to Sunday 5th June

### Monday 30th May

<b>Main Pool</b> 07.15 - 09.00 09.00 - 21.00 09.15 - 10.00 10.00 - 11.00 11.30 - 12.00 13.30 - 14.30 16.00 - 18.00	Adults Only Public Swimming Simply Aqua (half pool) 50+ Swim (half pool) Aqua Fit (half pool) Fun Session Lessons (2 lanes)	<b>Learner Pool</b> 09.00 - 10.00 10.00 - 10.30 10.30 - 11.30 11.30 - 16.00 13.30 - 14.30 16.00 - 19.00	Swim Course Ducklings Swim Lessons Public Swimming Fun Session Swim Lessons
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### Tuesday 31st May

<b>Main Pool</b> 07.15 - 09.00 09.00 - 10.00 09.00 - 10.00 10.00 - 11.00 11.00 - 12.00 11.00 - 19.00 15.00 -16.00 16.00 -18.00 19.00 - 20.00 20.00 - 21.30	Adults Only Public Swimming Synchro (half pool) Adult Lessons Fun Session Public Swimming Snorkelling (half pool) Lessons (2 Lanes) AquaFit Adults Only	<b>Learner Pool</b> 09.00 - 10.00 10.00 - 14.00 11.00 - 12.00 14.00 - 15.00 15.00 - 15.30 15.30 - 18.00 18.00 - 19.00	Swim Course Public Swimming Fun Session Lessons Public Swimming Lessons Public Swimming
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### Wednesday 1st June

<b>Main Pool</b> 07.15 - 09.00 09.00 - 20.30 11.30 -12.00 13.30 -14.30 14.30 - 15.30 16.00 -18.00 18.00 -18.30	Adults Only Public Swimming AquaFit (Deep end pool) Fun Session Diving (2 lanes) Lessons (2 lanes) Adult Lessons (half pool)	<b>Learner Pool</b> 09.00 - 10.00 10.00 - 15.40 13.30 -14.30 15.40 - 19.00	Swim Course Public Swimming Fun Session Lessons
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